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# URBAN FAMILY

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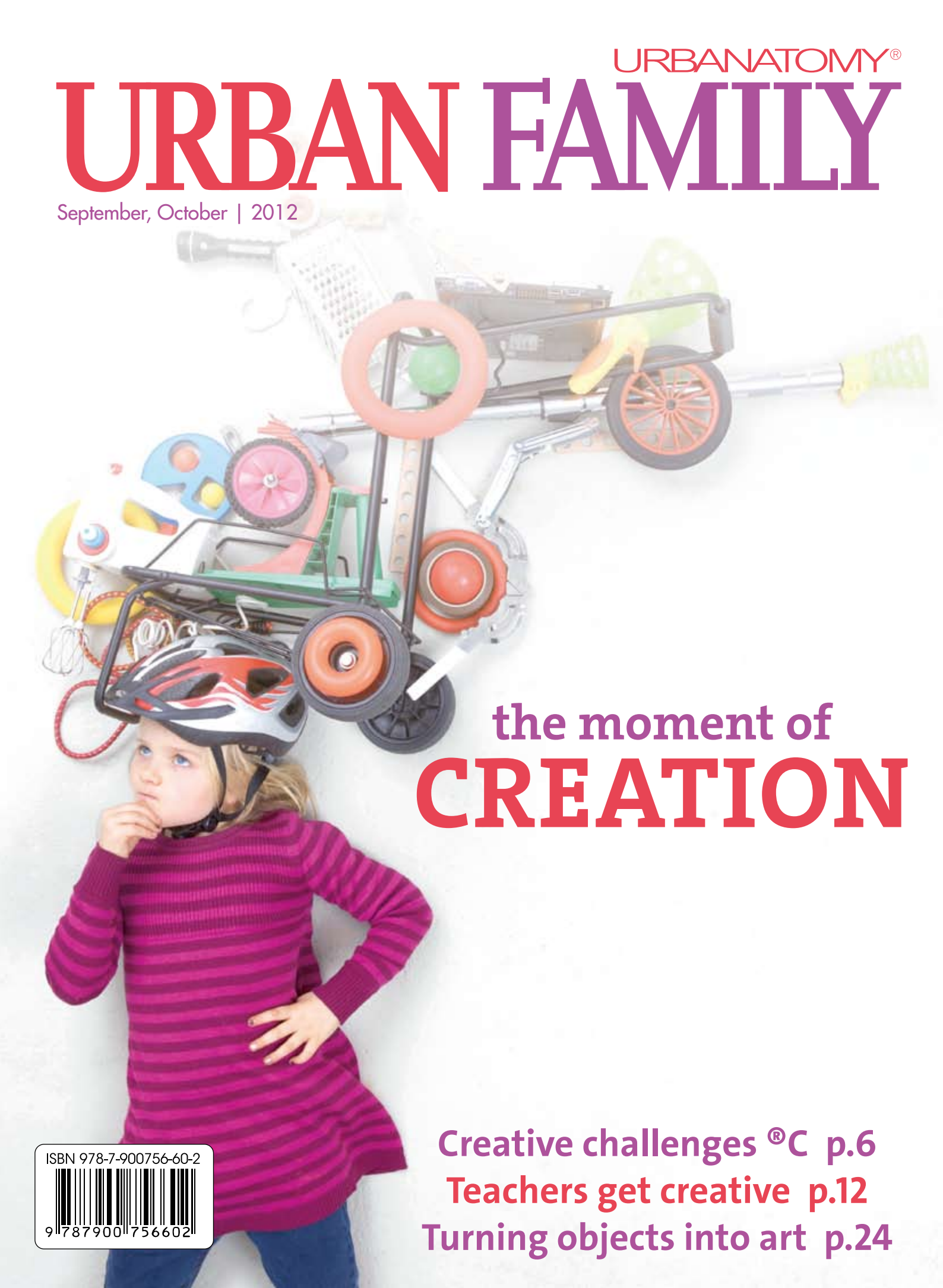

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# URBAN FAMILY


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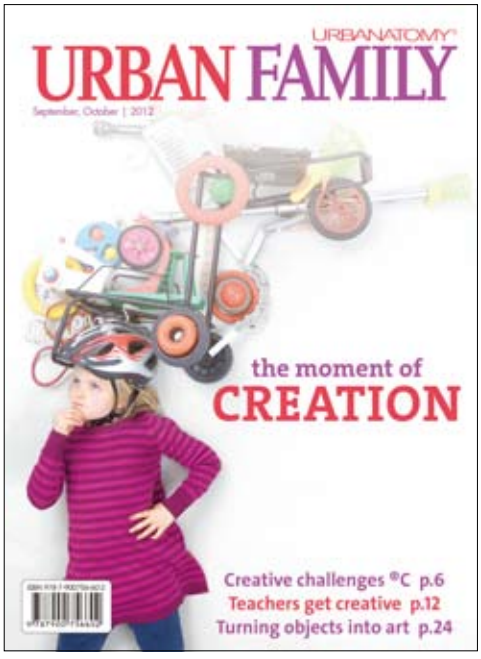


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# EDITOR'S NOTE

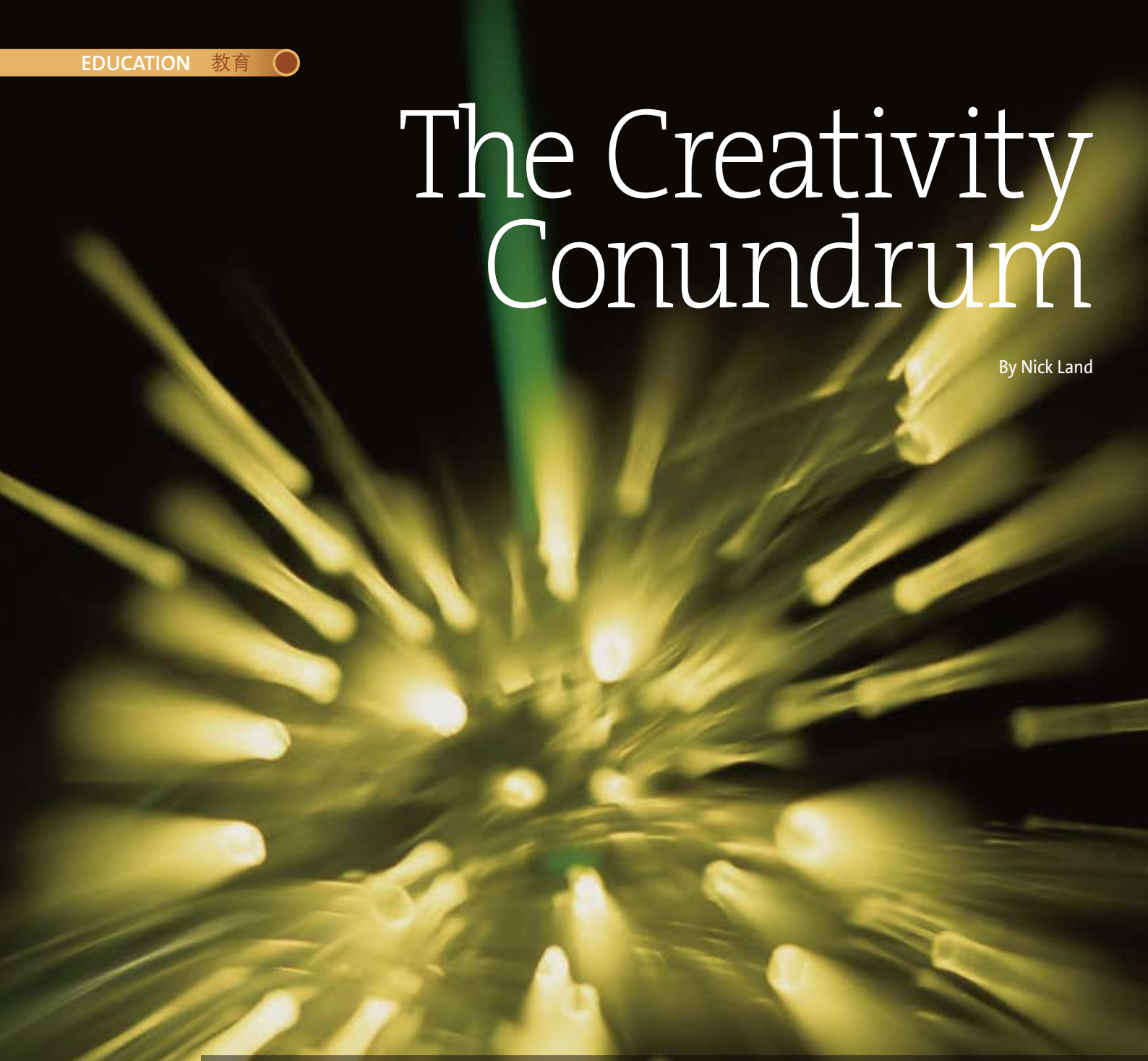
Creativity has long been recognized as a source of delight, but in today's world of competitive innovation it has become, in addition, something amounting almost to a duty. Schools, in particular, face unprecedented demands to get creative. How reasonable or welcome is this challenge? The current issue of *Urban Family* addresses itself to the question.

*Urban Family* is determined to exhibit some creativity of its own. From this issue, the magazine is enlivened by two new regular columns. Peggy Rosen's Shanghai Ed. explores the city's educational opportunities and issues, whilst Monika Lin's Art@Home applies the lessons of art history in a domestic setting.

From the beginning of September, the introduction of *Urban Family Online* will add a new dimension to our activities (visit us at www.urbanfamily.com). Your comments, questions, criticisms, and contributions to discussion, on any aspect of our print or digital coverage, are enthusiastically welcomed. Please contact us on the forum there, or by email to urbanfamily@urbanatomy.com.

# The Creativity Conundrum

By Nick Land



In the early 1970s, the world's most economically developed countries began to understand themselves as 'post-industrial societies'. This was a term introduced into general conversation by the American sociologist Daniel Bell, who popularized it through his influential book *The Coming of Post-Industrial Society* (1973). Bell's claim was based upon the declining significance of the manufacturing sector within the American economy, eclipsed by the rise of the services or 'tertiary' sector. He argued that the class-structure, politics, and culture that had been developed by industrialization were being replaced by new social groups and themes. In particular, the role of knowledge as a factor of production was being increasingly emphasized, within an "information-based economy" and "information society."

Even industrial technologies reinforced these social trends. By the late 20th century, the explosive development of computerized telecommunication systems was propelling the word 'information' to even greater prominence. The future, it seemed, would swallow not only society, but even nature itself, in a supernova of information. It was possible to imagine that nothing else really mattered.

Yet, with the dawn of the new millennium, there came a gradually spreading realization that Bell's 'white-collar' occupations would, in many cases, be the most easily substituted by the new information technologies. After all, an information processing job stands in more-or-less direct competition with an information processing machine. Any 'knowledge worker' engaged in routine activity would come to be directly threatened by the prospect of technological replacement, challenged to change, and to produce something new. From the perspective of any human

individual, group, or society trying to find its way in the rising, information drenched world, it was novelty, rather than knowledge, that mattered most. With that realization, another word was launched into dramatic ascent: *creativity*.

'Creativity' is a concept of entirely genuine and massive significance, but it is also the most heavily-trafficked buzz-word of our age. Especially in advanced metropolitan centers, 'creative' can appear as an indispensable adjective, required – and even sufficient – for the justification of any social undertaking. A clamor of 'creative solutions' is announced by 'creative businesses' in 'creative industries', perhaps based in 'creative clusters' or 'creative hubs' and serviced, of course (post-Bell), by a 'creative class'. The idea of the creative class is associated above all with Richard Florida, whose *The Rise of the Creative Class* (2002) has served as a manifesto for the deliberate social promotion of creativity in its economic application, especially as a policy tool for the vitalization of cities. "Human creativity is the ultimate economic resource," Florida argues. This striking formula epitomizes the leading spirit of our age.

Florida's work can be seen as providing policy advice to governments, principally at the municipal level, on how to attract a 'creative' population to the urban areas under their administration. Drawing such people it is argued (and widely accepted) is the key to urban flourishing. Yet for governments at a higher level, who are often equally persuaded by the creative agenda, magnetism is not enough. Since there is no obvious overall benefit to be gained from redistributing a nation's creative class amongst its various urban centers, the problem of creativity changes shape. For national governments the question becomes: How can the total supply of creative people be expanded? Posed in this way, it resonates strongly with the concerns of educators.

As the social demand for creativity in education becomes increasingly vociferous, aligning parents, businesses, and governments in the cause, the inherent complexities of this demand – even its contradictions – have become starkly evident. Insofar as creativity is a kind of learning, it is a peculiar kind, one that seems to run counter to the idea of *being taught*, of being rigorously evaluated, and perhaps even of being *one*. Furthermore, a consistent theme running through much of the research into education and creativity is that creative students, and creative behaviors, are often perceived by teachers as difficult, disruptive, and undisciplined. The underlying reasons for this are quite easy to identify.

"Human creativity is the ultimate economic resource"

**Richard Florida**

# The Creative Society

The upsurge of interest in creativity as a general solution to social ills corresponds to a type of humility. It accompanies the recognition, amongst administrators, business people, educators, and others, that something different comes next, and that we really have no idea what it will be. Rather than seeking to program the future, a welcome mat is laid out for it. Creativity is invited in, along with the unknown tomorrow it brings.

The appeal of Richard Florida's work, as exemplified by his books *The Rise of the Creative Class*, and *Cities and the Creative Class*, is that he makes this invitation socially precise. The unknowable 'X', the big new thing, will emerge from an identifiable group of people, he suggests, and even if we cannot predict what these people will do, we can at least predict what they will like (and be like). This means that they can be attracted. Municipal leaders have eagerly seized upon Florida's recommendations to transform their cities into the tolerant, stimulating, 'hip' and 'happening' places that the creative class find magnetic. Of course, as should be expected of any class theory, heated controversy swirls around the analysis, ignited by its aura of bohemian elitism.

In any case, the question of creativity looks set to overspill the boundary of the 'creative class' as disconcerting change becomes an ever more comprehensive social condition. Cathy Davidson, author of *Now You See It: How Technology and Brain Science Will Transform Schools and Business for the 21st Century*, predicts that two-thirds of grade school students will work in jobs that don't yet exist. An inflexible or excessively conservative education could easily equip its students with an obsolescent system of expectations. Propelled into a future whose shape we cannot see, but one that impresses us forcibly with its strangeness, creativity can no longer be dismissed as an extravagance or indulgence. It is something much closer to a matter of sheer survival.

Yet being able to measure creativity does not imply an ability to teach or engender it, whether at the level of the individual educator, the school, or the wider society

Although definitions of creativity can be elaborate, often exceedingly so, a simple distinction between 'convergent' and 'divergent' thinking suffices to capture many of the essentials. Convergent thinking tends towards a single, correct solution. Beginning from a confusion of distracting possibilities, it proceeds through systematic elimination until arriving at the sole acceptable conclusion. By doing so, it supports agreement between students, with teachers, and in accordance with the consolidated knowledge of the wider society. Understanding that '2+2' can only equal '4' is a modest step towards social and cultural integration. It is also, conveniently, precisely examinable, and thus measurable. Whether a lesson in convergence of this type has been successfully taught is perfectly clear.

Divergent thinking, in sharp contrast, throws teaching and examination into perplexity. Consider what would be involved if, rather than asking: "What does two plus two equal?" the question was turned around, to become: "What equals four?" Rather than restricting possibilities, and requiring convergence upon *the* correct answer, the question now stimulates divergence, and the multiplication of possibilities. The answer "2+2" remains correct, of course, as does "1+3" and "0+4", but also "5+ -1", half of 8, the square root of 16, or the first compound number. Possibilities multiply into the infinite, even before extending beyond pure arithmetic, through geometry, and outwards to encompass examples such as the legs of a quadruped, or the letters of the tetragrammaton. There is no limit to the range and number of answers, and as thinking diverges through the ramification of possibilities, it departs ever more markedly from uniformity, becomes ever more original, and ceases to represent anything that could have been straightforwardly taught. It is no wonder that education systems, and educators, find such situations comparatively problematic. What does it even mean to get such thinking *right*?

Measuring creativity, or quantitatively assessing it according to uniform standards, might seem to be a hopelessly paradoxical – and thus simply hopeless – undertaking. Such despair is unwarranted, however. Whatever the difficulties involved in measuring divergent or creative thinking, the task cannot be blithely dismissed as straightforwardly impossible. The

evidence for that was provided by psychometric researcher Ellis Paul Torrance, as early as the mid-1960s, through the persuasive demonstration of a test that convincingly captures the basic features of such thought.

The Torrance Test of Creative Thinking (Torrance, 1966), or TTCT, has undergone a number of revisions over the decades, but even its original formulation set out clear principles for the measurement of creativity. It divides creativity (or 'divergent thinking production') into four quantifiable components: the number of relevant ideas generated, or *fluency*; the range of variation between the ideas, or *flexibility*; the (statistical) unexpectedness of the ideas, or *originality*; and the development of the ideas, or *elaboration*. The quantitative definition of each component allows it to be objectively (i.e. 'convergently!) measured. By making creativity rigorously testable, and thus tractable to scientific evaluation, the TTCT provided not only an academic research tool, but also a method of educational appraisal. As with all educational testing, this method is potentially double-sided; examining the creative competence of individuals on the one hand, and the success of educational processes on the other. Since the mid-1960s, therefore, at least in theory, the fostering of creativity had become a measurable educational goal.

## A New Approach

Commenting on the educational legacy inherited from the 19th century, Ken Robinson argues:

*So the hierarchy is rooted on two ideas: Number one, that the most useful subjects for work are at the top. So you were probably steered benignly away from things at school when you were a kid, things you liked, on the grounds that you would never get a job doing that. Is that right? Don't do music, you're not going to be a musician; don't do art, you're not going to be an artist. Benign advice — now, profoundly mistaken. The whole world is engulfed in a revolution.*

*And the second is, academic ability, which has really come to dominate our view of intelligence because the universities designed the system in their image. If you think of it, the whole system of public education around the world is a protracted process of university entrance. And the consequence is that many highly talented, brilliant, creative people think they're not, because the thing they were good at at school wasn't valued, or was actually stigmatized. And I think we can't afford to go on that way.*

***The full transcript of this TED talk can be found at: tedconfblog.wordpress.com/2006/06/sir_ken_robinso/***

Yet being able to measure creativity does not imply an ability to teach or engender it, whether at the level of the individual educator, the school, or the wider society. Still less does it suggest an acceptance of 'creative education' as a desirable – or even clearly imaginable – objective. When introduced rhetorically, and abstractly, 'creativity' sounds like a good thing to have, but when the practicalities of a 'creative approach' to education are investigated in detail, passive obstacles and active objections rapidly accumulate.

Creativity is inherently troublesome, especially for institutions that have, as a not-insignificant part of their traditional mandate, a responsibility to maintain order. The problems it poses are numerous, and perhaps even numberless.

One dimension of difficulty can be illustrated by school science teaching, whose 'experiments' are often wildly comical in retrospect. In most cases the results are so thoroughly pre-programmed that the language of experimentation becomes ridiculous in itself, with pupils surreptitiously whispering to each other about what the correct outcome is supposed to be. Since science, *as taught*, is a cognitively convergent, analytical discipline, it goes without saying that each child is expected to 'discover' the same

# Creativity meets Confucius

The 'creative agenda' can pose special challenges for Confucian societies, in which authoritative educational traditions are rooted to unique depths, investing examinations – in particular – with an intensity of meaning that approaches religious veneration. The legacy of China's Imperial Examination System, when combined with a writing system that makes extreme demands for memorization, has produced an educational culture that strongly emphasizes rote-learning, relentless testing, a reverence for literary precedent, and a minimum of critical distancing. These features can encourage the development of academic habits that – when observed by other cultures – appear to venture dangerously close to sheer plagiarism. The stigmatization of 'copying' that seems so natural in the West finds little native support in the Confucian world. Did not Confucius even recommend copying? How else is a model to be properly respected, or a lesson learnt?

A demand for creativity, however, arises spontaneously in any dynamic society, and China's depths of tradition are matched only by the speed of its recent development. As elsewhere in the world, the country has been thoroughly infected by the creativity bug, from top to bottom, even as parents maintain a stubborn practical attachment to time-tested methods of pedagogy and examination. Everyone agrees that education needs to become more 'creative' these days, at least in principle – and as long as the required innovations pose no threat to the *Gaokao* performance of their children.

Ken Robinson

In its most basic form, the teacher-pupil relationship rests upon the assumption – mutually acknowledged – that the teacher knows something that the pupil doesn't.

thing. On occasions, however, a truly unknown element is introduced by exploding test-tubes, toppling Bunsen burners, and other minor calamities. These experiments, by attaining the unexpected, have gone dramatically wrong. The open secret, of course, is that school science cannot in any credible way be experimental at all, but aims instead primarily at damage limitation, whilst seeking to provide some vague intuition of what a real experiment is like. Science cannot be done in schools, but only described there, and school science 'experiments' are in fact precarious little pieces of theatrical pretence – hence the comedy.

Creativity, however, is strictly indissociable from experimentation, its path profusely littered with mistakes. Ken Robinson describes the problem with his characteristic clarity:

*What we do know is, if you're not prepared to be wrong, you'll never come up with anything original. ... And by the time they get to be adults, most kids have lost that capacity. They have become frightened of being wrong.… [W]e're now running national education systems where mistakes are the worst thing you can make. And the result is, we are educating people out of their creative capacities.*

Since creativity tends naturally towards that which nobody yet

knows, each step it takes is an implicit challenge to the foundational principles of educational authority. In its most basic form, the teacher-pupil relationship rests upon the assumption – mutually acknowledged – that the teacher knows something that the pupil doesn't. That 'something' provides the substance of the educational exchange, as the object of learning, and once the pupil has fully absorbed it, the relationship is naturally dissolved. Creativity does not fit easily into this structure, however great the willingness to accommodate it. In this respect, schools offer an enhanced reflection of society's wider creativity conundrum.

Any society that comes to recognize, and embrace, its own historical dynamism, cannot long resist the lure of creativity. Everything that it finds most admirable about itself is concentrated in creativity, understood broadly and non-technically as the *production of valuable novelty*. Whilst the qualification 'valuable' might seem to cast this definition into a morass of subjectivity and disagreement, in modern, diverse, highly-commercial societies, 'value' typically acquires an economic form, and thus a basis for objective assessment. Irrespective of private tastes, 'valuable' innovation can be recognized as a social fact when it receives endorsement in the marketplace, and the surging vogue for creativity is largely dependent upon this link to economic success. When Ken Robinson tells the story of a 'problem child' who became a successful dance pioneer, he does not fail to mention that, in doing so, she became a multi-millionaire.

The question as to whether creativity is desirable, therefore, is no conundrum at all, at least in any society that is not positively committed to a state of maximum stasis. Even those with comparatively little direct concern for creativity, or perhaps a degree of aversion to it, want other things, for which creativity is increasingly seen as an indispensable requirement, such as social prosperity, problem solving capability, and prestige. *Of course* we want creativity, and thanks to disciplined psychometric research, we even have reasonably satisfactory tools with which to measure it. Somewhat less confidently, we can even set out to attract – or poach – it. What we do not know how to do, with any truly justifiable confidence whatsoever, is create it.

It should be noted that this last claim is at least mildly controversial. There has been no shortage of suggestions on how to foster creativity within an educational context. Numerous institutions and periodicals base themselves on this mission. The most common recommendations fall into three broad categories:

1. Syllabus revision, in favor of traditional or even exotic Arts subjects, in which convergence upon a single correct solution has a comparatively low pedagogical priority.

2. A transformation of teaching methods, away from information transfer models, and towards an 'inquiry-discovery' or problem-solving approach.

3. An acceleration of the replacement of 'industrial' patterns of schooling, which emphasize punctuality, obedience, uniformity, and the toleration of boredom, with 'freer' educational styles (child-centered, informal, and experimental).

From the perspective of the school, and the teacher, all of these recommendations involve a voluntary surrender of authority and control. As we have seen, this is not remotely accidental. It is related to another integrating theme: the usually tacit suggestion that creativity is something educators can – in the best cases – *allow* to happen, rather than something that can be strictly *inculcated*. When a municipal government encourages the emergence of a 'creative cluster', as a space in which creativity is *invited* to flourish, exactly the same general truth is in evidence. Creativity cannot be constructed or introduced, but only tolerated or released. For every institution tasked with its promotion, creativity presents a single, supremely frustrating problem: it seems only to come from outside, and elsewhere.

Within an educational context, parents often betray a remarkable sensitivity to this predicament, even if their understanding is necessarily formulated in vague and intuitive terms. When observing educational practices that have been shifted in a 'creative' direction, they not uncommonly perceive schools as trying to do desirable things that they might not be able to do, at the expense of other things, perhaps less desirable, that they nevertheless have clearly demonstrated competence at. On a whole range of topics, from child-centered learning, syllabus weighting, examinations, and home-work, to general disciplinary policy, parental influences are likely to be comparatively conservative, in part due to nebulous but insistent concerns that creativity exceeds the scope of realistic educational goals. Whilst teaching trigonometry might ultimately be no more important than teaching creativity, we know that effective schools can teach trigonometry, and then ensure that the achievement is recognized in examination results. Can they also teach creativity? The answer is, at the very least, far foggier.

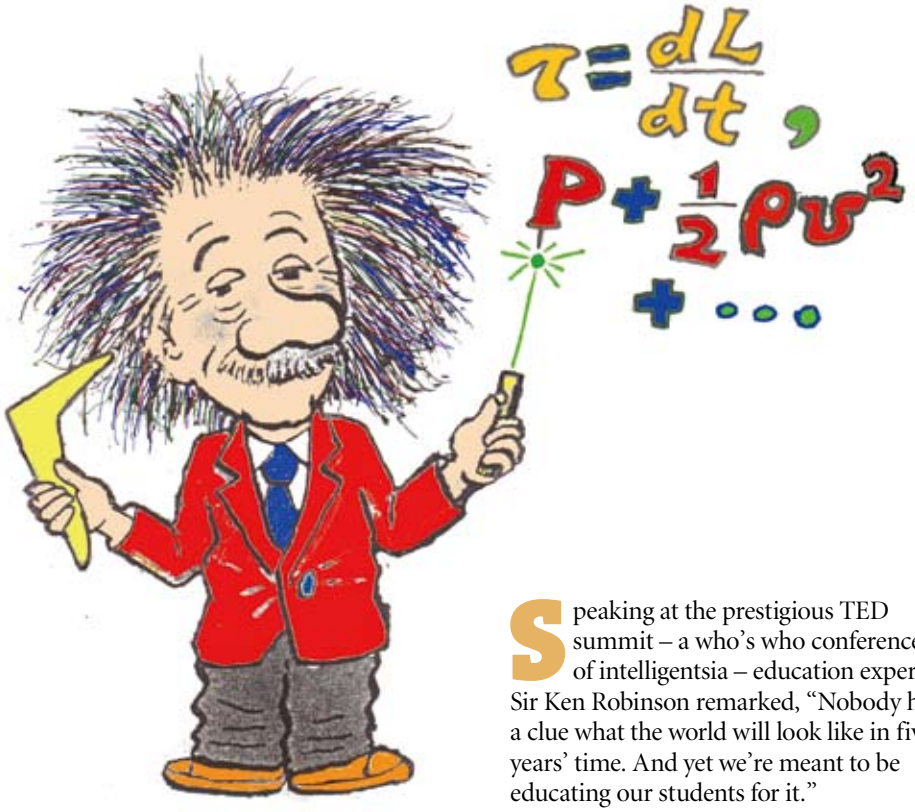
That is the conundrum, an inherently stimulating puzzle that provokes creativity in the institutions which grapple with it. For adventurous educational practitioners, however, the difficulty is often a narrower one: even when parents are fully persuaded on the importance of creativity, they are rarely enthusiastic about experimenting with their children.

## ONLINE CREATIVITY RESOURCES

| |
|---|
| Daniel Fasko, Jr., Education and Creativity, an excellent overview of creativity research with select bibliography |
| deved.org/library/sites/default/files/library/education_and_creativity.pdf |
| Richard Florida, website, including articles and discussions |
| www.creativeclass.com/richard_florida |
| Wayne Morris, Creativity in Education, a short introduction to the topic that places it in a policy context |
| www.jpb.com/creative/Creativity_in_Education.pdf |
| Yong Zhao, blog, with insights from an expert in the field |
| zhaolearning.com |

# Steps to Creative Education

By Matt Kuykendall




Speaking at the prestigious TED summit – a who's who conference of intelligentsia – education expert Sir Ken Robinson remarked, "Nobody has a clue what the world will look like in five years' time. And yet we're meant to be educating our students for it."

Though Robinson is perhaps the most well known education reform advocate, you would be hard pressed to find anyone who studies economics or education who doesn't agree with Robinson's sentiments. To the point, former President of Harvard University and former Treasury Secretary under President Obama, Lawrence Summers wrote recently, "The world is changing very rapidly…most companies look nothing like they did 50 years ago. Think General Motors, At&T, or Goldman Sachs. Yet education changes remarkably little."

This of course begs the question, "How should we be educating our students?" O'Connor believes we should focus more attention on the arts and the "aesthetic experience" while Summers doesn't offer up any concrete answers for a curricular or stylistic change, but rather supplies what he sees as necessary tweaks from a economist's perspective. Both men understand the role that schools must play in a society – schools must prepare students for the economic world and disseminate the core values of the culture in which they operate.

Though it is true that we do not know what the future economy of the world will look and operate like, one thing is for certain, desirable jobs will necessitate collaboration. In his discussion of the future of Higher Education in particular, Summers writes:

*For most people, school is the last time they will be evaluated on individual effort. One leading investment bank has a hiring process in which a candidate must interview with upward of 60 senior members of the firm before receiving an offer. What is the most important attribute they're looking for? Not GMAT scores or college transcripts, but the ability to work with others.*

Proudly, facilitating and teaching the skills and dispositions necessary to function productively and cooperatively within a group context is something that the American education system does very well. This approach to education does not create amazing test-takers, however it does create learners who are used to compromise, collaboration, autonomy

and shared responsibility. Skills that are cross-disciplinary and more valuable than a great deal of content taught.

The second thing we know for certain about the future of the world economy is that it will necessitate insight and ingenuity. Albert Einstein famously remarked, "The only thing that interferes with my learning is education." If all a University graduate offers an employer is computation skills or glorified data processing, that student's job will be replaced by a computer or someone in the developing world who can do the same job cheaper. Your child needs to be educated in a manner that facilitates the development of ingenuity and creativity. This is accomplished through explicit instructional and assessment strategies. The most famous of these is referred to in the education world as "authentic assessment." Authentic assessment requires a student, or group of students, to apply content knowledge to solving a real world problem. The central philosophy of authentic assessment is that the best way to get better at ingenuity is to practice being ingenious.

Unfortunately, this type of teaching and learning can sometimes appear "soft" to the untrained eye. The core fact remains however, that schools are tasked with preparing our children for the future economy. For jobs that don't even exist yet. The only way to prepare someone for something we cannot imagine is to teach imagination. Again, Einstein the most famous of school rejects, has prescient words, "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

It seems everyone from revolutionary physicists to Harvard economists understand the need for our schools to teach something more than the three Rs of yesteryear. It is absolutely essential that parents understand this fact as well. Schools do teach content. Of course we do. But that is not the most important thing we do. Not even close. The smartest men and women of then and now understand the need for our schools to prepare our children for success in a future that doesn't yet exist and an economy that we cannot even envision. The only way to do this is to place proficiency of thought, debate, compassion, self-esteem, ingenuity, and analysis on the same pedestal as calculus, chemistry and composition. It's a Herculean task no doubt, but that's why they pay us the big money.

*Matt Kuykendall teaches AP Psychology at the Shanghai American School, Puxi Campus.*

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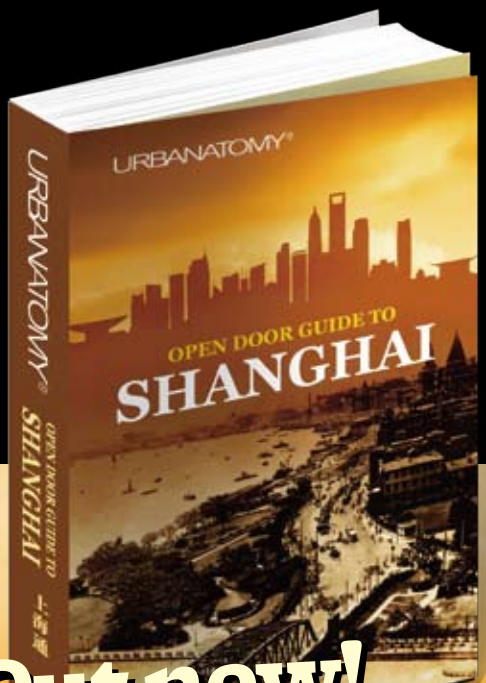
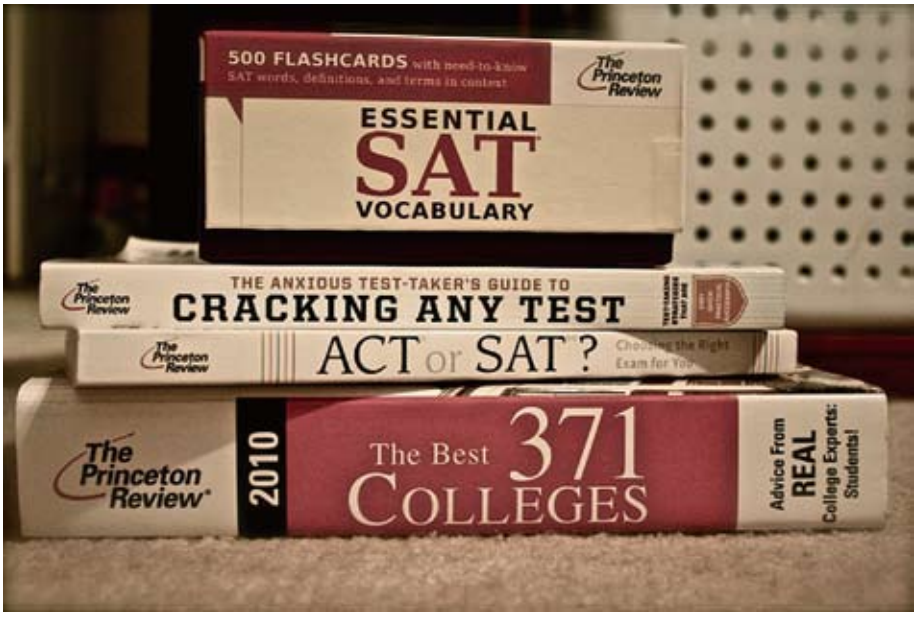


# Summer's Here – and so is School

## A Student's Perspective on Summer SAT Prep

by Max Yasunaga




## Is each bonus point really worth at least six hours of preparatory slog and RMB 500?

The sun shines, the birds chirp, and the flowers bloom. Yes, it's that time of the year again. Summer has arrived! How eagerly it is welcomed by sixteen-year-olds who have endured the rigor of their classes and finally anticipate a life unbounded by work; walking out of the school gate into the fresh air, never to look back, like a free and renewed person. All the weary nights spent slogging through homework have paid off, and life will once again be revitalized by leisure and sleep… Yet this leap into liberty takes only one step forward and ten steps back, as they are greeted by the cool yet uncongenial breeze of the air-conditioner, located in a corner of a small SAT Prep room.

A peek inside the life of most if not all teens entering their junior year will reveal exactly the same truth. Statistics show that out of 100 sixteen year olds from the Shanghai American School, 62 will be taking an SAT Prep course over the summer, 7 will self-study, and 31 will not. That's a grand total of 62% who will be taking an SAT prep course over the summer, and the numbers show consistency across genders (32/50 boys and 30/50 girls will be taking some sort of summer SAT prep course).

It is difficult to imagine how much money parents are willing to pay for their child to achieve a dazzling score on the SAT. A normal course of 15 days at New Pathways, an SAT prep center in Shanghai, costs around RMB 15,000 (equivalent to RMB 1,000 per day). While there are different options available, some of which are more intense, more rigorous, and more expensive (costing up to RMB 2,000 per day), the pricing is pretty consistent throughout the world.

The normal class day is dauntingly rigorous, maintaining students in an intensive, undisturbed state of learning. They start by memorizing 200 vocabulary words in preparation for a test the following morning. The rest of the morning is devoted to practice tests, relieved by a brief lunch break, and succeeded by reading and writing classes in the afternoon. The day ends with a test review at home, where students complete the homework allotted to them. The SAT still stands for 'Scholastic Aptitude Test', but it has declined over the years into an empty acronym, representing an ordeal that students can surmount after 180 hours of preparatory grind.

A quick look at the format of the SAT reveals its composition. There are in total four parts. It starts with 25 minutes of essay writing (it is recommended that students fill two pages). The essay is graded on a scale of 1-6 (with a '6' recognizing complete mastery and a '1' showing that you will probably end up writing a ransom note at some point in your life). Students are expected to write with precision and depth under strenuous circumstances. The rest of the test is divided into eight sections, alternating between math, reading comprehension, and writing. The writing is scored in tandem with the essay for a composite result (maximum of 800) that goes along with the other components of the test for the final tally.

SAT prep courses are a big business today; thousands of companies make claims about increasing the ability to improve scores, and indeed they have impressive statistics to show that they can. Yet, is the math and test practice, worth the small fortune it costs? While some say that such courses boost results in each section of the SAT by at least 100 points, numbers taken from two studies suggest otherwise. The National Association of College Admission Counseling (2009) and the College Board study (1990s) concluded that taking a prep course would, on average, raise the total score by 30 points. Is each bonus point really worth at least six hours of preparatory slog and RMB 500?

The NACAC study revealed that around a third of selective colleges stated that a small increase in standardized test scores could affect their admission decision. In fact, there are a few schools that have specific test scores set as a cut-off, where anything under that threshold would not suffice. So perhaps 30 points could make a crucial difference between acceptance and rejection.

Since SAT requirements differ among universities, students, depending on the school of their liking, have a rough target in mind. This is why the SAT is often seen as a 'hurdle', which students must leap over to continue their run for a spot at their desired college. However, while the SAT certainly does matter to the most selective, top tier, colleges, it should also be understood that modest gains in test results could be made by pursuing inexpensive independent or group study methods.

It needs also to be emphasized that a good SAT score does not suffice to secure a spot at the college of one's choice. It is only aspect of an application, and not necessarily the most important. GPA, teacher recommendations, and extra curricular activities can be at least as relevant. The Stanford Office of Undergraduate Admissions says that about 80% of applicants have the grades and SAT scores for admission, so it is the mix of activities, recommendations, and essays that whittle it down to the final 9%. Toiling away at an SAT prep course just to get a 2,400 does not nearly cut it – it is ultimately the amalgamation of all the qualities and aspects of a student that decides the eventual destination.

# Introducing Shanghai Ed.

by Peggy Rosen

Shanghai ED is a column about education and the educational opportunities that abound in Shanghai for all members of the family. What do we mean exactly by 'education'? The meanings are endless and have a myriad of implications. Education naturally is learning, both as a result and as a process. It is synonymous with instruction and the development of knowledge. To most of us, the instantly recognized meaning of education is, as defined by the Random House online dictionary, the discipline that is concerned with methods of teaching and learning in schools or school-like environments.

For the sake of brevity, let's examine a few other ways to look at education relative to our goals in future columns of 'Shanghai Ed.' Education can be preparation, improvement, a foundation, development, or training. It can provide information, enlightenment, experience, cultural knowledge, open-mindedness, sophistication, a viewpoint, and even, in some cases, wisdom. Education is the action of participating in the profession of that name. Education is available for expansion of cultural awareness, know-how, and above all nurturing. It can even impart fun, particularly family fun.

Family dynamics are not always the same from one family to the next, and the levels of needs reach from infants to teens to adults, as well as activities including the whole family. One family may be looking for information on pre-schools, play centers or daily care outside of the home. Another may have an interest in training for any of the arts, sports, or additional intellectual pursuits beyond school. Others may be interested in the many types of educational institutions available from K-12 that abound in Shanghai. A family may have special needs for their child. Some people in our Urban Family may be interested in the people in Shanghai that provide these services. A parent may be looking for places to expand a hobby or begin a new one. As for family 'educational' outings, there are plenty that can be fun yet informative and provide a learning experience. A day at one of the many museums, a visit to a site that embodies authentic Chinese culture, a day at the zoo, or simply enjoying nature either in a city park or nature area outside of Shanghai.

It is apparent that there is a thriving world of experiences for all in Shanghai. In the coming months Shanghai Ed will be exploring the many plentiful avenues of learning that are offered in Shanghai.

We encourage your suggestions, favorites, and requests. Welcome to Shanghai Ed. and its endless possibilities. We look forward to hearing from you.

Please feel free to email us at urbanfamily@urbanatomy.com, subject line Shanghai Ed.

# Is your tablet causing more pain than pleasure?

By Dr. Ryan Pfeifer

I was very excited about purchasing an iPad last year. It was not something I absolutely needed, but it offered fun options for movies, web surfing, email, and other functions . Then, I started to notice, after using my tablet for a month or so, that my neck and upper back were sore. Little did I realize that my fun new toy was actually causing me pain – and it wasn't just me. Some of my patients were reporting the same problem. A new research study is looking into why.

In January 2012, a study out of the Harvard School of Public Health was published in the journal Work, evaluating neck, shoulder and wrist positions for health volunteers who use tablets regularly, to determine which positions may put people at increased risk of developing pain. The volunteers completed simple tasks with either the iPad 2 or Motorola Xoom in four different positions: Lap-Hand, Lap-Case, Table-Case, and Table-Movie. Moreover, each tablet was evaluated using a proprietary case, with low and high angle viewing settings. In each position, the angles of head, eye and tablet position were measured.

The research found that, overall, the heads and necks of the participants were in a more severely 'flexed' position compared to those typical for desktop and notebook computer users. The greatest strain on the head and neck was noted with Table-Case and Lap-Case positions, with the least strain in the Table-Movie position. There was significant variation between the two cases as well, given the variability in viewing angles available with each design.

The issue at the core of this problem is ergonomics (the study of equipment use and how to avoid strain/injury while operating it). When computers first appeared on the market, there was an increased rate of injured workers seeking treatment for neck, upper back and wrist pain, usually due to long hours sitting in front of a computer that was not in an optimal position. Nowadays, many companies institute worksite ergonomic evaluations, ensuring the computer monitor is at eye level, good seat height, use of chair arm rests, and other ameliorating factors. However, with the rapid rise in tablet use over the past few years, the medical community hasn't had a chance to evaluate the ergonomic impact. Now we are starting to see it. The problem is that some of the postures people adopt when using a tablet can be awkward and lead to discomfort with prolonged use.

Now, just because I am having a

little pain doesn't mean I'm going to stop using my iPad (and I'm sure neither will any of you). But modifications can be made to reduce pain levels:

- Vary your posture with use every 15 minutes to reduce the time muscles are kept in a strained position.
- Use a case that doubles as a tablet stand, as this will reduce the need to grip the device and improve the tablet viewing angle, keeping the person's head in a neutral position and reducing neck strain.
- If possible, use your tablet on a table to reduce viewing angles.

As tablets continue to become more common in the workplace, ergonomic guidelines for use will be increasingly important. This way, we can all continue to enjoy using our tablets without having to suffer because of it. ●

*Dr. Pfeifer is Medical Director of the Back Clinic with IWS, focusing on minimally invasive, non-surgical management of neck and back pain. He is seeing patients full-time in Shanghai (clinics in Pudong and Puxi) and Guangzhou. For more information, please visit www.westernsurg.com.*

Now, just because I am having a little pain doesn't mean I'm going to stop using my iPad (and I'm sure neither will any of you).

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# Ancient Chinese Secret to Modern Medical Marvel

By Evan Pinto

Throughout the previous two millennia, Traditional Chinese Medicine (TCM), also known as herbal medicine, acupuncture and Tuina massage, has been clinically effective in treating the conditions most common for the time. From a warrior's wounds sustained in a battle of the Warring States Period to a child's malnutrition during famine or drought; from mysterious epidemics introduced by foreign traders to the chronic conditions of present day abundance, TCM has successfully adapted for a wide variety of conditions. Many patients first ask whether TCM is effective in treating their specific condition. Most commonly, the answer is a resounding "Yes, it can help!"

How can TCM be applied to so many disorders? It may be because of the theory in which TCM is rooted. Many people have undoubtedly heard of Yin-Yang theory. But it's not simply a theory of opposites. It's much more. It is a descriptive tool for measuring everything in the universe. For example, Yin is shade, internal, below, stillness, while Yang is sunny, external, above, movement. It is how TCM practitioners determine the patient's imbalance and correct it, leading to a healthy body and soul. They also use the theory of the Five Elements (Wood, Fire, Earth, Metal and Water) and the Eight Principles of diagnosis (Internal – External; Deficiency – Excess; Cold – Heat; Yin – Yang) to characterize the patient's condition. These three constructs combine to form the basis of TCM diagnosis. Because TCM is rooted in theory it can be utilized in any situation, at

any time, in any circumstance.

The Warring States Period (475–221 BC) was especially violent and brutal, not only for the warriors but also the civilian public. Food was scarce. Emotions ran high. Grief was omnipresent. The people were susceptible to deficient conditions such as fatigue, malnutrition, anemia, influenza, poor digestion, and diarrhea. These conditions were largely caused by the invasion of the cold evil pathogen into their weak, deficient bodies. TCM treatments at the time were designed to balance out this excess cold evil by warming the body with medicinal herbs and warming foods such as chili pepper, ginger, and beef. Acupuncture techniques that expelled the cold evil and helped boost the immune system were perfected. TCM evaluated the prevalent conditions for that time and properly adapted to treat them.

Centuries later, the Silk Road (circa 1400s) was a boom for international trade and cross cultural exploration. But it also brought germs across the borders and caused medical pathologies that were previously unknown to China. Despite the valiant efforts of doctors, many people did not escape unscathed from the invasion of the evil heat pathogen. Unlike the cold natured conditions of the Warring States Period, the Silk Road brought many pathologies that were significantly more virulent and infectious. The doctors of the time had to quickly re-evaluate their approaches and techniques and devise new treatments for these new conditions. The *Wen Bing* (hot disease) diagnosis and treatment treatise developed during this time.

In the 21st century, China has developed into a country with both abundance and scarcity. Thankfully, TCM has a long history of treating both excess and deficiency. Modern conditions like cancer, diabetes type II, ADHD, addiction and recovery are deficient conditions due to excess – in other words, a Yin deficiency from too much Yang evil. TCM treats these conditions alongside the Western medical techniques that have proven effective. An integrative East-West approach can be a better way to confront and battle these contemporary pathologies. Bio-medicine has advanced greatly in its short 150 year history. But the side effects are sometimes worse than the disease. For example, many cancer patients feel worse during chemotherapy even though it may possibly cure them. TCM can help mitigate the nausea and fatigue associated with cancer treatments. In addition, TCM addresses the emotional frontier so often ignored by bio-medicine. TCM can help relax the mind, subdue the worry and fear of an uncertain future, and make room for optimism and hope which many studies have shown is vitally important in winning the war against cancer.

In the 21st century, China has developed into a country with both abundance and scarcity. Thankfully, TCM has a long history of treating both excess and deficiency.

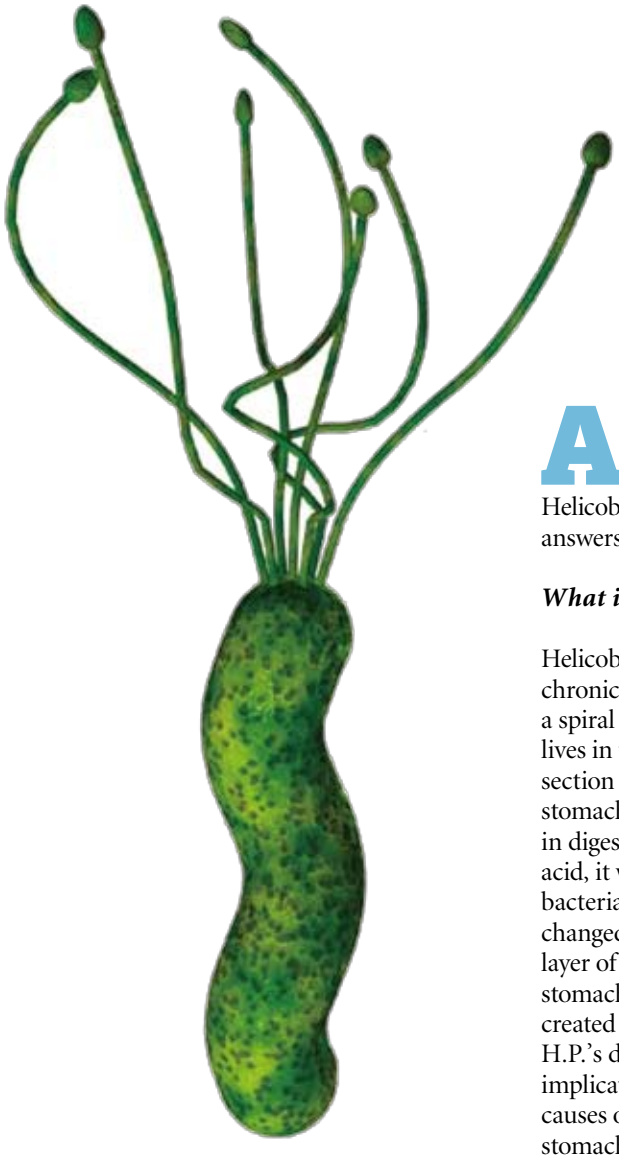
Currently, many clinical trials and scientific studies have proven the efficacy of TCM. Of course some people will still believe in the placebo effect of TCM and doubt its actual efficiency. But if they suspend judgment prior to first hand investigation they may discover that TCM is not a faith-based medicine. It does not matter whether one believes in TCM, it will still work. More than 2,000 years of clinical proof exists and is available for perusal. TCM is rooted in the ancient theories of Yin-Yang, Five Elements, and Eight Principles. It has adapted to every situation and pathology during its long existence. It seamlessly integrates itself into Western medicine treatments and even enhances them by reducing the side effects. The two medical approaches when put together are truly a marvel of modern medicine.

*Evan Pinto, is a Doctor of Traditional Medicine at Body & Soul – Medical Clinics*

Our Health

# Some Facts about Helicobacter pylori

By Saeid Mirafzali



As a practicing physician, I frequently encounter questions from my patients regarding Helicobacter pylori (H.P.). Here are answers to some common questions.

***What is Helicobacter pylori?***

Helicobacter pylori is the most common chronic bacterial infection in humans. It is a spiral shaped bacterium that commonly lives in the stomach and duodenum (the section of the intestine just below the stomach). Because the stomach is bathed in digestive juices such as hydrochloric acid, it was once assumed that it is free of bacteria or viruses. The discovery of H.P. changed that. It lives sheltered in the thick layer of mucus that lines and protects the stomach from the harsh environment created by its own gastric juices. Since H.P.'s discovery in 1982, it has been implicated as one of the most common causes of gastritis (inflammation of the stomach), stomach and duodenal ulcers, and gastric cancer.

***How is H.P. transmitted?***

H.P. is usually acquired in childhood. Its prevalence is strongly correlated with bad hygiene and lower socioeconomic conditions. Most researchers believe H.P. is primarily transmitted orally within families via food and water contaminated with fecal matter as well as through contact with vomit or saliva of an infected person.

***How common is H.P. infection in humans?***

H.P. is the most common chronic bacterial infection in humans. It is estimated to infect more than half the world's population, predominantly in developing countries and has been detected in all present day human populations. In fact, studies have shown that it was already present in the stomachs of humans over 58,000 years ago.

Despite its indigenous association with

humans, the prevalence of H.P. infection has been diminishing worldwide, especially in developed countries. This is believed to be partially due to modernization, improved sanitary practices and the increased use of antibiotics over the 20th century. For example, a 2007 study published in the journal Helicobacter showed that H.P. rates in Guangzhou, China decreased from 62.5% in 1993 to 49.3% in 2003. Similar trends have been noted worldwide.

***What are the symptoms of Helicobacter pylori?***

H.P. causes stomach inflammation (gastritis) in all those infected with it. However, only 10-20% of those infected have symptoms. Some symptoms of H.P. and its associated diseases include recurrent nausea and non-ulcer related upper abdominal pain, vomiting, abdominal bloating, and burping.

***What are some other risk factors for stomach cancer to keep in mind?***

Studies have shown that, in general, countries in Asia such as China, Korea, and Japan with high gastric cancer rates have high rates of H.P. infection as well. However, there are some Asian countries, such as Thailand and India, where prevalence of H.P. infection is high but stomach cancer incidence is relatively low. This suggests that the development of stomach cancer is due to an interaction of multiple factors – genetic and environmental -- in addition to H.P.

Some specific risk factors for gastric cancer include: being a first-degree relative of a patient diagnosed with gastric cancer, smoking, and high intakes of salted, smoked, pickled, and preserved foods. In contrast, strong evidence has been provided that high consumption of fresh fruit and raw vegetables are associated with reduced risks.

***Who should be tested for H.P.?***

Routine screening for H.P. is generally not recommended. On the other hand, as H.P is present in a majority of patients with gastric and duodenal ulcers, having symptoms or an established diagnosis of an ulcer should prompt testing. These symptoms can include burning abdominal pain worsened by an empty stomach or relieved by food or antacids, vomiting blood, black stools (a sign of internal bleeding), and tiredness due to anemia (low blood count). According to the Second Asia-Pacific Consensus Guidelines for Helicobacter pylori infection, other reasons for testing include but are not limited to:

- Patients with first degree relatives with gastric cancer
- Patient wishes (after full consultation with their physician)
- Patients with a long-history of gastroesohageal disease (GERD) requiring long term use of acid reducing medications
- As a strategy to reduce gastric cancer in communities with a high incidence of gastric cancer. These include: East Asia (China, Korea, Japan), Eastern Europe, and parts of Central and South America.
- Patients with unexplained iron deficiency
- Prior to long-term treatment with non-steroidal anti-inflammatory medications or aspirin
- Patients with non-ulcer dyspepsia (painful, difficult, or disturbed digestion, which may be accompanied by symptoms such as nausea and vomiting, heartburn, bloating, and stomach discomfort).

There is currently no consensus on routine testing of asymptomatic family members of patients treated for H.P.

***How is H.P. diagnosed?***

H.P. can be diagnosed via a blood test, breath test, stool test or endoscopy. Which test is appropriate will depend on the clinical situation.

***How is H.P. treated?***

Unfortunately, there is no single drug that can effectively treat H.P. Treatment, however, is usually simple and straightforward -- taking two antibiotics and one acid reducer for 7-14 days. Due to increasing resistance rates, some patients may require several courses of treatments with different antibiotic combinations to eradicate the infection. Antibiotic treatment should not be performed unless a positive test for H.P. is obtained.

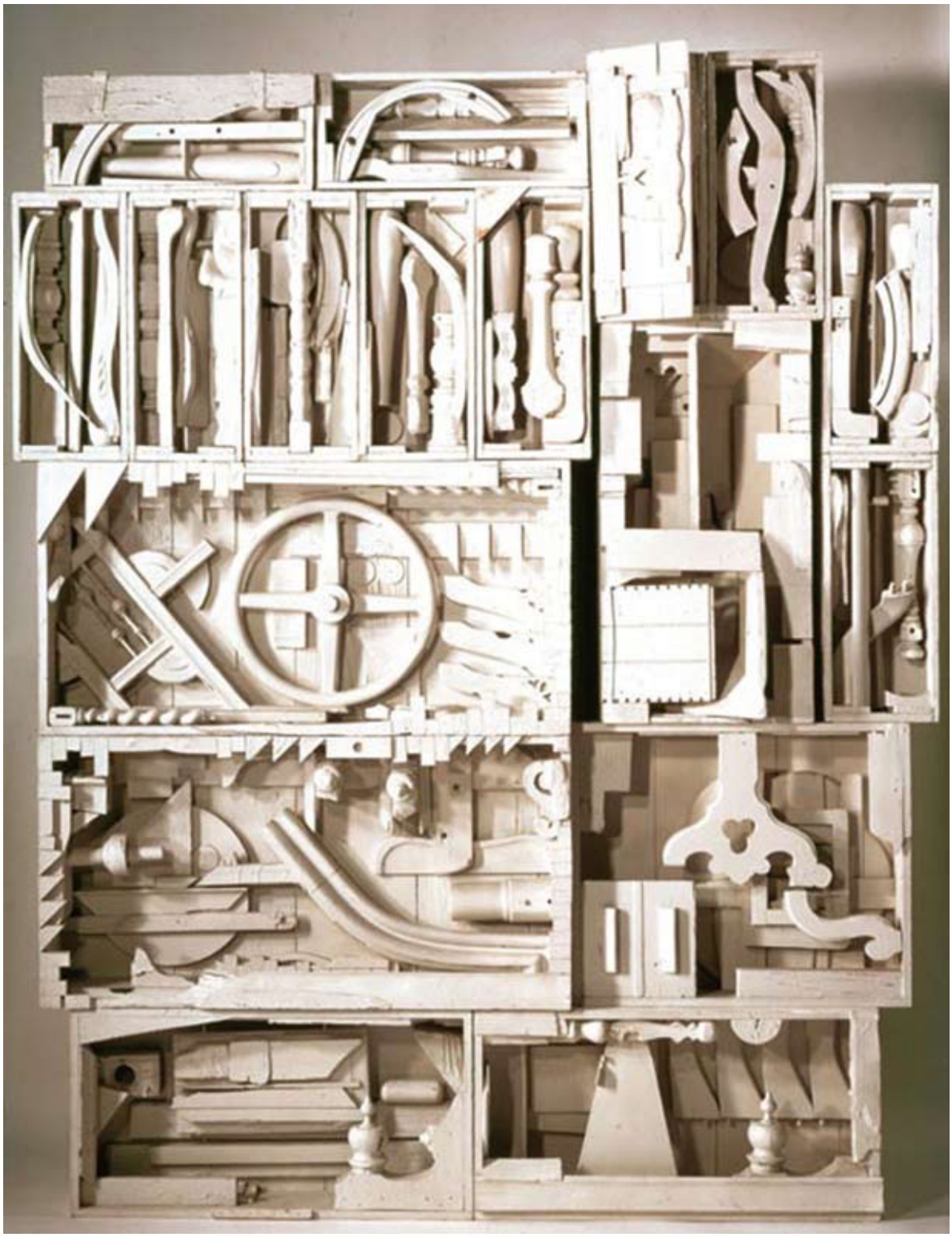
In summary, there is still a great deal to be learned about H.P. Based on current medical evidence, the significance of H.P. infection depends on your medical risk profile. It is important that you consult your physician if you feel you should be tested for H.P. ●

*Saeid Mirafzali, MD, is an Internal Medicine Physician at the Shanghai United Family Hospital*

Art @ home

# An Art Foundry for Kids

By Monika Lin



## WHAT IS A 'FOUND OBJECT' AND WHAT IS ITS MEANING?

A found object is the art term used for material used in art works but originally intended for a different purpose. The use of found objects gained visibility in the early part of the 20th century. The most famous example is undoubtedly Marcel Duchamp's Fountain, a porcelain urinal submitted for the exhibition of the Society of Independent Artists in 191This work, in particular, brought the idea of using everyday, discarded or re-appropriated objects as art materials into the discussion of what constitutes a valid work of art.

Louise Nevelson (August 23, 1899 – April 17, 1988) was a Russian-born American sculptor who established herself by using found objects in much of her work. She is best known for her monumental, monochromatic, wooden wall pieces and sculptures. For these, Nevelson utilized pieces of furniture and other wood objects she found discarded near her apartment in New York. Rising out of limitations set by her cramped work space – her kitchen – Nevelson's early work in this vein was modular so it could be worked on in pieces. She held to this method even after moving to a large studio. Her sculptures contain multiple pieces, shaped, cut and fitted together like puzzles, then spray-painted to transform their original meaning. Louise Nevelson remains one of the most important figures in 20th-century American sculpture.

If you're working with children, encourage them to use their imaginations to 'see' new things emerge from your assemblage of transformed everyday objects.

## THE FOUND OBJECT ASSEMBLAGE PROJECT: AGES 3-12

Although they will need assistance with cutting and shaping objects, children as young as three can enjoy this project.

The intention of the project is to learn to look at everyday items and break down our preconceived notions about their proper usage by seeing their forms objectively. The objects are separated from their purposes by setting them in new relationships, creating new functions, and transforming their meaning. The project also teaches spatial concepts, minor motor skills and perception based on color.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## YOU WILL NEED:

Recycled materials, white and black paint, paint brushes (small and large), scissors and cutting knife, glue (a 50-50 mixture of paste and PVC glue works best), and two boxes of a similar size.

1. For one or two weeks, set aside all the recyclable materials you can, such as to-go containers, coffee cans, toilet paper rolls, bottles, cardboard, broken household items, and twist-ties. Also include things that can be properly washed such as disposable chopsticks, plastic bags, and aluminum foil.

2. Cut the sides of the boxes to a height of 3cm. Using acrylic or poster paint, paint one white and the other black. Set aside – they need not be dry to set objects in.

3. Now, take a look at what you have collected and study their shapes, sizes, and surfaces, not only as individual objects but also in relation to one another. Next think about their initial functions and how you can distort those associations by cutting, crushing, combining or stacking the items.

4. Lay down a thick layer of glue (0.5 cm) on the bottom of each box.

5. Build your modular sculptures in tandem — looking at not only the way the items fit together within their own boxes, but how the two boxes relate to one another. Use more of the glue when attaching objects to one another. Let dry overnight.

6. Take a picture before you paint it.

7. Completely paint all the objects white or black according to their boxes.

Place the pieces in front of a light source to accentuate the depth and surface. How are the shapes transformed? What are some of the differences between the black box and the white one? Does one color recede more than the other? If you're working with children, encourage them to use their imaginations to 'see' new things emerge from your assemblage of transformed everyday objects.

*To find out more about the Colorbox creative arts center, visit www.colorboxarts.com/en/index.php*

# Escapade in breathtaking Lijiang

By Raphaëlle Choël

Lijiang can be reached by a four hour flight from Shanghai and is served by ten direct flights, including options from Hong Kong.

## A WORLD HERITAGE TREASURE

Situated at an altitude of 2,300 meters and ranked as a world heritage site, Lijiang consists of Dayan Ancient Town, Shuhe Ancient Town and Baisha Village. Baisha, home to the Naxi minority, is located at the bottom of the majestic Jade Dragon Snow Mountain and was named after the white sand ('*baisha*') that used to cover the Naxi camps in the old days. Nearby, in Yuhu, stands the house of Austro-American explorer, botanist and photographer Joseph Rock (1884-1962). As a National Geographic correspondent, Rock helped spread knowledge of the Dongba (Naxi Shaman) culture worldwide. His charming house is charming, steeped in history, and well worth a visit (entrance fee RMB 15).

Shuhe is where Naxi rural heritage meets contemporary commercial culture. It is one of the oldest Naxi settlements, with a history dating back over 1,500 years, and is one of the best-preserved cities along the tea road.

Dayan was established during the Southern Song Dynasty, about 800 years ago. Its tiny streets, canal, and village are filled with wonders.

## AN UNFORGETTABLE SHOW

The Lijiang Impression Show is a fantastic way to discover the local history and customs. The one-hour show consists of a succession of indigenous music, tales and dances, featuring a grand spectacle of 500 performers stemming from 16 nearby villages, along with 100 horses, all relaying the story of the various local minorities. Located at the foot of the Jade Dragon Snow Mountain, the show combines cultural richness with natural grandeur. (Tickets range from RMB 190 to RMB 260 for the VIP option, with the best views.)

## A DREAM HOTEL FOR A SPECIAL OCCASION

Lijiang offers an enticing mix of accommodation options, from delightful boutique hotels such as the Blossom Hill Inn, the Butterfly Resort or the Artistic Suite, to high-end international chains offering the very best of service, such as the Crowne Plaza situated in the old town, the Banyan Tree or the sumptuous

Crowne Plaza Lijiang

Pullman Lijiang Resort & Spa that opened its doors just a year ago. For sheer opulence it is hard to match the Pullman's fully-equipped private villas, some complete with outdoor hot tubs that recall Japanese *onsen* hot springs. The hotel is situated at the foot of a 5,596-meter mountain, and its outside terraces, private lake, luxuriant vegetation, and elegant library lounge attain true sublimity. Guests tempted to indulge in a private barbecue in their own villa would be wise to choose the Naxi BBQ – a 2-hour flow of lamb, beef, chicken wings, seafood, vegetables and salads, followed by a dessert plate. (Prices range from RMB 2,340 per night for a villa to RMB 1,440 for a room. The 'In Villa BBQ' for two, with a private chef, costs RMB 1,388.)

## STREET LIFE

Walking Lijiang's quaint and quirky streets is a perfect way to capture its atmosphere, especially in Dayan, and even more so at night, when the village dresses up to party. One special destination is Myth, easily found along the famous bar street, and renowned for its high-voltage music and dance floor. Outside, local artists perform for visitors, who reward them with notes slipped into beer bottles.

Those strolling through the lovely streets of Shuhe during the day should be sure to stop at the adorable Japanese-style San Puo Café This coffee shop, which serves drinks, snacks, rice and porridge, feels like an old dollhouse, complete with a purple string of fairy lights and a miniature guitar hanging on the wall. Street food lovers will be enticed by the tasty smelly dried Yak meat and the famous local pancake called '*Baba*', but familiar Western flavors are available for those who want them, from a variety of international fastfood outlets, and from a semi-Western restaurant called BuonAppetito located at the entrance to Lijiang old town, which offers both a Chinese and an Italian menu (including pizzas, pastas, salads and carpaccios).

Walking Lijiang's quaint and quirky streets is a perfect way to capture its atmosphere, especially in Dayan, and even more so at night, when the village dresses up to party.

## TIME FOR A PAMPERING?

After a long day of walking, thoughts can easily turn to a tip-to-toe pamper treatment, which the Mandara Spa is

Pullman Lijiang

perfectly placed to provide. In the lobby, guests are welcomed by a mixture of jazz and the sound of little birds chirping outside. The spas stylish treatment cabins are equipped with tubs and multi-type showers with beautifully decorated interiors and exteriors. The most irresistible massage is the four–hands dream treatment (RMB 980 – 75 minutes) completed in a harmonious rhythm combining Japanese Shiatsu movements, Hawaian LomiLomi, together with Balinese and Swedish techniques. The experience is topped with notes of vetiver, patchouli and ylang-ylang essential oils. A simpler option is the 90-minute Thai massage, wearing a traditional robe (RMB 780).

## NATURAL SPLENDOR

Yunnan offers landscapes of rare beauty. Among the most celebrated attractions are the Jade Dragon Snow Mountain, which can be scaled by cable-car (RMB 170), Lashi Lake, whose old waterfront villages are ideal for visiting on horseback (from RMB 280 to RMB 680), and the famous Tiger Leaping Gorge (entrance RMB 65), situated between Lijiang and Shangri-la, which tests visitors with a climb of a 1,000 steps before they reach the breathtaking view. The area's waterways include the Yangzi, and boat trips are an excellent way of enjoying it. Among the more peculiar opportunities is a casual lunch facing the world's highest and longest golf course (at an altitude of 3,100 meters, with a 217 meter-long no.-5 hole). Shangri-la is within easy reach – but that is another adventure…

# Information

Hotels: Pullman Lijiang Resort & Spa Shuhe Old Town entrance road, 674100 Lijiang / Tel : (+86) 888/5300111 - www.pullmanhotels.com/gb/hotel-7231-pullman-lijiang-resort-and-spa

Banyan Tree Lijiang Shuhe Long Quan Village

Crowne Plaza 276 Xianghe Road Lijiang Old Town, Tel: 800 830 7228

Butterfly Resort (Meng Die Zhuang): Shuhe Old Town : Shuhe Countyside International Pub Area, South Hali Valley (Hali Gu Nan Duan)

Blossom Hill Inn (Hua Jian Tang): Dayan Old Town : 97, Wenzhi Lane - Wuyi Street

Artistic Suite: 63 Xingwen Lane (Xingwen Xiang), Qiyi Street (Qiyi Jie), Old Town

Organize your trip with Out and About: guide, driver, tickets, itinerary: +86 (888) 5300 111 – reservation@pullman-lijiang.com

Show: Ganhaizi, Jade Dragon Snow Mountain / Tel: +86 010 64622566 – reservations: +86 0888 8888888 - www.impression-show.com

Bar: Myth (Shen Hua in Chinese) on Dayan Old Town bar street

Café: San Puo Restaurant Lijiang Shuhe Old Town Zhonghe Lu (near the Old Central square) – Tel: +86 0888-5153289 / + 86 13368882553

Restaurant: BuonAppetito, 26 Lijiang Old Town / Tel: + 86 15987949007

Mandara Spa: Shuhe Old Town entrance road / Tel: + 86 (888) 5300 111, ext. 7151, 7152

# Primary colors

## Bright back-to-school fashion

By Hart Huguet Hagerty

As your little ones head back to school this fall, teach them a lesson about primary colors. Red, blue and yellow are all they need to look bright when the class bell rings.

**H&M**
**RMB129.**
*645-659 Huaihai Zhong Lu, by Sinan Lu* 淮海中路*645-659*号，近思南路 *(5383 8866)*

**BONPOINT, HENGLONG PLAZA**
**Price TBD.**
*Room 407-A, 1266 Nanjing Xi Lu, by Xikang Lu* 恒隆广场，南京西路*1266*号*407-A*，近西康路 *(6288 0840)*

**MOTHERCARE**
**RMB399.**
*1/F, 138 Huaihai Zhong Lu, by Longmen Lu*淮海中路*138*号，近龙门路 *(3366 0816)*

**H&M**
**RMB129.**
*645-659 Huaihai Zhong Lu, by Sinan Lu* 淮海中路*645-659*号，近思南路 *(5383 8866)*

**H&M**
**RMB199.**
*645-659 Huaihai Zhong Lu, by Sinan Lu* 淮海中路*645-659*号，近思南路 *(5383 8866)*

**BALLON ROUGE**
**RMB549.**
*29 Tai'an Lu, by Wukang Lu* 泰安路*29*号，近武康路 *(3461 5969)*

## BONPOINT, HENGLONG PLAZA

**Price TBD.**

*Room 407-A, 1266 Nanjing Xi Lu, by Xikang Lu* 恒隆广场, 南京西路*1266*号*407-A*, 近西康路*(6288 0840)*

## GAP

**RMBxxx.**

*819 Nanjing Xi Lu, by Shimen Yi Lu*南京西路*819*号, 近石门一路 *(6215 7050)*

## ME & CITY

**RMB129.**

*580 Nanjing Dong Lu, by Zhejiang Zhong Lu*南京东路*580*号, 近浙江中路 *(6351 1561)*

## BALLON ROUGE

**RMB429.**

*29 Tai'an Lu, by Wukang Lu* 泰安路*29*号, 近武康路 *(3461 5969)*

## UNITED COLORS OF BENETTON

**RMB95.**

*1/F Superbrand Mall, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu*陆家嘴西路 *168* 号正大广场 *1* 楼, 陆家嘴西路*168*号 正大广场, 近陆家嘴环路*(5047 1650)*

## UNITED COLORS OF BENETTON

**RMB595.**

*1/F Superbrand Mall, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu*陆家嘴西路 *168* 号正大广场 *1* 楼, 陆家嘴西路*168*号 正大广场, 近陆家嘴环路 *(5047 1650)*

# Focusing In:

## Restoring the school mindset after summer

by Christine Forte

There are some lucky parents whose kids love to go to school, come home and do their homework independently, and always pay attention in class. For the other 99%, there can be times when they find it difficult to get their kids to focus. After two months of summer vacation, the end of August can be one of these times. Once the excitement of the first day or two of school wears off, kids can find it difficult to maintain the inspiration to do their work. As parents it can be difficult to know how to manage this, short of using disciplinary measures. These may be effective in cases where discipline truly is the issue, but if it's a problem of distraction, it can be more effective to help kids learn ways to manage their work.

There can be different reasons that your child is finding it hard to get focused. She may find particular tasks boring and therefore hard to concentrate on. Or she may find it hard to know where to begin. She may also struggle with her attention zoning in and out, especially over longer periods of time. Fortunately there are tools that can be learned for decreasing all of these difficulties. Evenings can become a lot easier with just a few strategies for focusing in.

The first strategy that can be helpful is to sit with your child and help him or her make a list of everything that needs to be done that day. If possible, start the list with one of the easier homework tasks and end it with one too. Beginning with an easier task can help children have a boost of confidence and make the process of homework less daunting. Ending with a relatively easy task has a similar effect, by making the whole process seem less painful. Make sure things get checked off on the list as they are completed (who doesn't love to check off things on their to-do list?) to give the child a sense of moving forward. Also be sure to check that some time is given to longer, ongoing assignments so that they aren't left for the last minute.

If your child can't remember what her homework is, help her to problem solve. What are the possible ways that she can find out? Can she phone a friend or check the blog for the class? Many teachers keep up a blog or website for their classes; take the time at the beginning of the semester to see what information is posted there so that your child can know where to go for answers. After the problem-solving stage, once your child has decided on a method for finding out the homework, have him look for the information himself. While you serve as a guide in this process, it's important that he actually do everything himself.

When not knowing the homework is repeatedly a problem, work through some ways that your child can remember to write it down. Some ideas are, a note attached to the inside of her backpack that she'll see at the end of the day or making sure to take out the homework diary every morning so that it will be visible. The international schools give a homework diary, it's important for children to use this so that they can learn and practice their organizational habits. Many teachers already set up a system for checking that students write down homework, especially at the beginning of the year. Ask your child if there is a system for this in her classroom.

It's important to remember that for many children, it is their level of distractibility rather than willful laziness that causes homework not to get done.

It's important to remember that for many children, it is their level of distractibility rather than willful laziness that causes homework not to get done. Usually children want to do well, some just have more difficulty than others in making that happen. Creating a workspace that is relatively distraction-free can end up both saving you energy and headache as well as helping your child get more of a sense of accomplishment. In the workspace TV and electronics should not be visible (or should be switched off) and technology that the child is allowed to use during homework time should be limited to only that which is needed for the work. Many adults struggle with limiting their internet surfing during work time, so of course it is even more difficult for children, who tend to have a higher level of distractibility.

Naturally there needs to be time scheduled for breaks and physical exercise. Make the plan for this clear and then stick to the time limits you have set up. Be creative with this and vary it if necessary. If your child is having difficulty concentrating, the most important thing is that you are present and active in the process of making a homework plan – it doesn't necessarily have to be done in one specific way. Find what works for you and your child.

Relaxation exercises can be used to calm down if children are very excited from play before study time. Simple deep belly breaths or counting backwards from 100 by 7's (or an easier number like 2 depending on the age of the child) can help draw attention to the present moment and the task at hand.

And finally, we can at times have to alter our expectations. Children won't complete all of their homework perfectly or 100% on time. It can be equally important for them to experience the consequences of this as it can be to have the experience of doing the homework itself. Learning how to make up for mistakes is an incredibly important part of the education process – and one that many of us have to continue shaping our knowledge of throughout our lives.

It's important to remember that the way things are going at the beginning of the school year is not necessarily representative of how the rest of the year will be. Sometimes kids find the increased workload of a new grade level overwhelming at the beginning of the year but then gradually adjust. The opposite can also be true. Students can start the year with a lot of excitement and then after this fades, good organizational habits fall by the wayside. So it's important to continue checking in with what's going on in the homework area throughout the year.

Nonetheless, if the difficulties persist or worsen, or you suspect your child may have more serious attention deficits, it could be time seek individualized professional assessment and help.

*Christine Forte is a counselor at Balanced Heart Counseling Shanghai.*

*Sources:*
*10 Days to a Less Distracted Child: The Breakthrough Program that Gets Your Kids to Listen, Learn, Focus, and Behave by Dr. Jeffrey Bernstein*

*ADD/ADHD Drug Free: Natural Alternatives and Practical Exercises to Help your Child Focus by Frank Jacobelli and Lynn A. Watson*

# Deliciously wholesome eats

by Jeni Saeyang {Eco & More}

With the change of seasons and slightly cooler evenings on the way, keeping healthy is easy and delicious with super foods such as hazelnut, Atlantic salmon and high quality cocoa for that special cup of hot chocolate. For this issue, I am introducing dishes that are big on flavor, high on nutrition and simple enough to master at home.

## Home made hot chocolate – the old fashion way
## 自制热巧克力

**SERVES 2**

- 100g dark drinking chocolate (choose a good imported brand if possible. Ole Supermarket offers a wide variety of these).
- 55g dark chocolate, broken into small pieces
- 60g whipping cream (or you can cheat with ready whip!)
- Pinch of sea salt

Preheat the oven to 150C. Scatter the hazelnuts or cobnuts over a baking sheet and roast for 12-15 minutes. Alternatively, you can roast the nuts in a non-stick pan on the stove-top over low heat. Make sure you keep an eye on them and toss them regularly so they don't get burnt.

Put 200g cold drinking water and the drinking chocolate into a saucepan and bring to the boil over a medium heat. When boiling, add the dark chocolate pieces and a pinch of salt. Stir until the chocolate has melted.

Add the whipping cream and use a hand blender to give it a quick whisk for foaminess.

Pour into a big mug and add marshmallows on top.

Enjoy with your favourite biscuit for a bedtime treat.

2人份

- 100克黑巧克力酱，进口品牌更佳。Ole超级市场有售
- 55克黑巧克力，切成小块
- 60克手打奶油或者你可以选 择已经打好的奶油
- 少许海盐

在平底锅内放入200克冷开水和黑巧克力酱，用中火加热到沸腾。加入黑巧克力块和少许的海盐，搅拌直到巧克力融化。

加入手打奶油并且用搅拌器快速搅动，使它起泡

然后再倒入一个大的茶杯，加一些棉花糖在上面

跟你最喜欢的饼干一起享用，作为就寝前对自己的款待。

Rich, sweet and warming, everybody loves a proper cup of homemade hot chocolate. Pair it with an extra topping of whipped cream and marshmallows to make it extra fun and special.

# Courgette and Hazelnut Salad
# 西葫芦榛子色拉

**SERVES 4**

- 50g hazelnuts or cobnuts (in season now)
- 7 small courgettes
- 4 tbsp olive oil
- 1 tsp balsamic vinegar
- 30g mixed green and purple basil leaves
- 80g top-quality Parmesan, broken up or very thinly sliced
- 2 tsp hazelnut oil
- Salt and black pepper

Preheat the oven to 150C. Scatter the hazelnuts or cobnuts over a baking sheet and roast for 12-15 minutes. Alternatively, you can roast the nuts in a non-stick pan on the stove-top over low heat. Make sure you keep an eye on them and toss them regularly so they don't get burnt.

Place a ridged griddle pan on a high heat until it's very hot.

Meanwhile, remove the top and tail of the courgettes and cut them into 1 cm thick slices. Toss the slices with olive oil, sea salt and pepper. Place the slices on the hot grill pan and char-grill for 2 minutes on each side. Make sure you do not over crowd the pan and cook until there are nice char marks on them. Transfer to a mixing bowl, pour over the balsamic vinegar, toss and set aside to cool.

Once the courgettes have cooled down, add the remaining olive oil, the basil leaves, and the toasted nuts. Mix lightly, taste and adjust seasoning. Place the whole gorgeous mess in a large serving platter and drizzle over the extra hazel nut oil and slices of Parmesan for extra yum.

4人份

- 50克榛子或栗子
- 7个小西葫芦
- 4汤匙橄榄油
- 1茶匙香醋
- 30克紫色与绿色混合的紫苏叶
- 80克捣碎或切成薄片的上等帕玛森乳酪
- 1茶匙榛子油
- 盐与黑胡椒

将烤箱预热至150摄氏度。将榛子或栗子均匀地铺在烤盘上，加热12-15分钟。或者，你可以在炉灶上用不粘锅以文火加热坚果。注意经常翻炒它们，以免被烧焦。

用大火将脊筛锅加温至非常热。

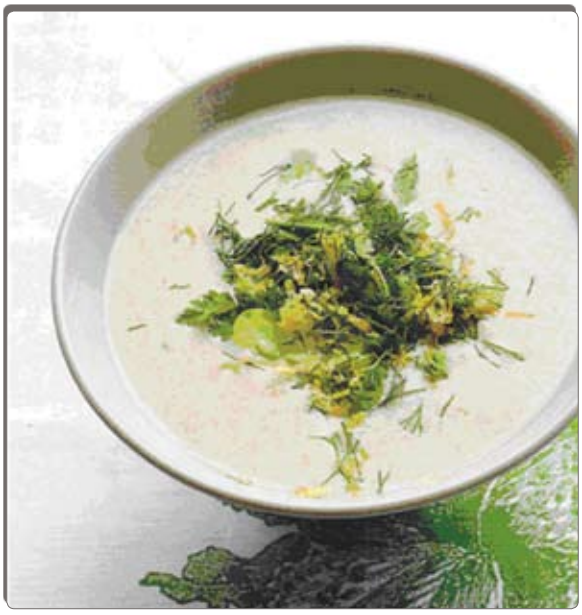
与此同时，将西葫芦的顶部和尾部切除，并将它们切成1cm厚的片，加入橄榄油，海盐和辣椒进行搅拌，然后放在烤盘上，用炭火两面各加热2分钟。注意不要将锅放的过满。将西葫芦的表面烤出好看的纹路，然后把它们转移到碗中，倒入香醋，搅拌，放在一边冷却。

待西葫芦冷却后，加入生于的橄榄油，紫苏叶和烤坚果。轻轻搅拌，尝味道，然后再根据口味调节调料。最后把它们放入大拼盘中，滴上一些榛子坚果油，撒上一些帕玛森乳酪片来增加口感。

Fresh organic courgettes have just come into season now and are sweeter and juicier than your summer variety. They can be simply grilled and paired with a good quality Parmesan cheese for texture and bite.

# Hot yoghurt and broad bean soup

# 热酸奶蚕豆浓汤



**SERVES 4**

- 6 tbsp olive oil
- 1 medium onion, quartered
- 4 celery sticks, quartered
- 1 large carrot, peeled and cut into 2cm chunks
- 5 thyme sprigs
- 2 bay leaves
- 30 flat-leaf parsley
- 500g shelled broad beans (you can buy this fresh and shelled in the local markets)
- 50g long-grain rice (last night's left over rice is perfect)
- 400g Greek yogurt unsweetened
- 2 garlic cloves, crushed
- 1 large free-range egg
- 3 tbsp roughly chopped chives
- Grated zest and juice of 1 lemon
- Sea salt and white pepper

Start by making the vegetable stock. Pour two tablespoons of the olive oil into a large pot. Heat up the oil and add the onion, celery and carrot. Saute on a medium heat for about 5 minutes until the vegetables are softened but not brown. Add the aromatic herbs including thyme, bay leaves and parsley and cover with 1.2 litres of water. Bring to the boil, then reduce the heat, cover and simmer gently for 30 minutes.

While the stock is simmering away, get to work on the beans. Bring a saucepan of water to the boil. Add the beans and cook for 1 minute. Drain, then refresh the beans under cold running water to stop the cooking and keep the bright green color of the beans. Next, remove the skins by gently pressing with your fingers against the sides of each bean, causing the soft bean to pop out; discard the skins. You can get your kids involved in this activity for a bit of fun.

When the stock is ready, stain the liquid and discard the vegetables and herbs. Add the cooked rice and the skinned broad beans and seasoning then blitz the whole mixture in a blender or with a hand help blender for a few minutes or until smooth.

Whisk in yogurt, garlic and egg into the soup mixture and slowly warm up the soup without bringing to a boil. Taste for seasoning and add lemon juice is you like. Serve with a generous topping of chopped chives, lemon zest and a drizzle of olive oil.

As the evenings get cooler, serve the family a hearty vegetable soup this fall that is so special it makes a wholesome meal all on its own. It's a bit of work but this is a recipe that you can get your ayi involved in and have her add it to her repertoire. It's a great example of a recipe that uses local ingredients, such as broad beans and rice, together with Western flavours such as yogurt and parsley. The result is a perfect East meets West work of culinary art.

4人份

- 6汤匙橄榄油
- 1个中等大小的洋葱，四等分
- 4棵西芹杆，四等分
- 1个大的胡萝卜，去皮切成2厘米的长条
- 5株百里香
- 2片月桂叶
- 30棵大叶香菜
- 500克去壳蚕豆（当地市场有售）
- 50克米饭（隔夜饭更佳）
- 400g希腊无糖酸奶
- 2瓣大蒜，压碎
- 1个大颗散养鸡蛋
- 3汤匙切碎的韭菜
- 1个柠檬的汁和果皮
- 盐和白胡椒

首先要做蔬菜汤汁。在大汤锅中加入2汤勺橄榄油。等橄榄油热了加入洋葱、西芹和胡萝卜，中火煮大约5分钟直至蔬菜变软但不要变成褐色。加入百里香、月桂叶和香菜等香料后加入1.2升水。水烧开后盖上锅盖，用小火焖煮30分钟。

汤锅中的蔬菜在焖煮的时候，就可以来料理蚕豆了！在平底锅中加满水煮沸。蚕豆放入锅中煮1分钟，捞出沥干并用冷水冲洗冷却，这样可以保持豆子的色泽和口感。接下来我们就可以动手小心地去除豆壳，你也可以让家里的小朋友来和你一起给蚕豆去壳。

待汤料煮好后，沥出汤汁后把剩余的蔬菜和香料丢弃。将煮熟的米饭和去壳蚕豆以及调味料放入搅拌机搅拌几分钟直至顺滑。加入酸奶、大蒜和鸡蛋后与汤汁混合均匀并缓缓加热，注意不要煮沸。根据个人口味加入柠檬汁等调味料。撒上韭菜末、柠檬皮，最后点几滴橄榄油就大功告成啦！

# Anthills Divided

by Christine Forte

Plonk! Little Laura Shanfrey felt a particle of dust bounce down upon her head. She turned around to see where it came from. Three boy ants were skipping away laughing.

"Hahaha, look at the nerd from Shanting - her big head must be sore now!"

"But I guess her eyes would be hurting anyway – she has to look at all those ugly ants from her anthill all the time!" She heard the others laughing in reply to these comments and felt a pain that hurt more than the dust hitting her. Why did they have to be so mean?

She tried to shake it off, repeating to herself what her mother had told her a million times. "Don't pay attention to those naughty ants from Bantsville. They're just jealous that their anthilll isn't as nice as ours."

For as long as anyone could remember, the ant citizens of the anthill in Shanting had been enemies with those from Bantsville.

No one could really remember anymore how the feud had got started but the ants carried on their resentment towards each other as if their survival depended on it. Whenever they ran into each other out gathering food or building materials for their respective anthills, the younger ants would spit, throw things, or shout insults.

No one could really remember anymore how the feud had got started but the ants carried on their resentment towards each other as if their survival depended on it. Whenever they ran into each other out gathering food or building materials for their respective anthills, the younger ants would spit, throw things, or shout insults. The older ants were usually more dignified in their snubs, preferring instead to lift their ant noses and arrogantly brush past the rival ants.

That day was no different. The sun was shining brightly and the sky was clear blue but it did little to lift Laura's sour mood. Why couldn't life be different in their anthills? She really didn't understand. The hills were so close together that they could certainly get more done if they worked together; combining efforts to gather food and sand for building.

That night, at home she said as much to her parents.

"What are you talking about?!" Her father replied, with an anger that surprised Laura. "Those ants are terrible! They steal from us at night when we're not looking. Whenever there's a good food source that has been dropped nearby, they always take far more than their share! And they're rude!"

"It's true they can be mean and selfish sometimes but they're just ants, like us!" Laura could hardly believe what she was saying. She was standing up for the ants who had just a few hours ago bullied her terribly. But she couldn't help but believe that they wouldn't do it if not for this stupid feud.

"There, there Laura," her mother started to say, trying to calm her. But just then she felt the sand beneath her feet moving. And then the walls were crumbling too.

"Whoosh!" she heard the deep voice of a powerful wind outside the anthill. Their little room was really shaking now. And then the left wall blew away completely and the floor beneath her father disappeared and she saw him falling.

"Dad!" she screamed, reaching out while scrambling not to fall into the hole after him. She and her mother grabbed onto each other and huddled against the most stable wall.

And then, as abruptly as it had begun, the wind stopped. Laura and her mother stood up shakily. They looked over the edge of gaping hole where their living room used to be, the twilight pouring in where the wall of their home had been.

"Honey?" her mother called to her father over the edge of the hole. "Are you OK?" Laura could see him a few millimeters down, pinned under several large grains of sand.

"I think so," he called back, "It's just that I can't move with this sand on top of me."

"OK, just hang on. I'm going to try to crawl down there and help you." Laura could see the fear on her mother's face and knew that her own face probably had the same expression. What if her mother crawled down into the hole after him and then neither of them could get back out?

Just then, two figures appeared at the hole in their wall.

"Everyone OK in here? Do you need some help?" one of them called.

"Yes, please help us!" Laura's mother cried. Laura could hear the relief in her voice. "We're OK but my husband is stuck under this sand."

The two big ants crawled in and down the hole. Laura just stared at them. She could tell by the way they

spoke and moved that they were from Bantsville. She couldn't believe that they were here in Shanting, helping her family.

She heard them grunting and pushing down in the hole and finally the sand shifted again and her father was freed. They all climbed out and her father gave each of them a big hug.

"I can't thank you enough for helping me!" he said. Then he seemed to think for a moment. "But you're not from here, are you? What are you doing here helping us?"

The two ants shrugged. "We were out collecting food and we saw Shanting getting blown over by the big wind. We ran over right away to help because we thought some ants might be hurt." They pointed. "It looks like Bantsville is OK because it's protected by that wall over there."

"We should probably go, there may be other families who need help," the other said. And then, just like that, they turned and were gone.

Laura peered out after them. To her surprise, she saw Bantsville ants all over their anthill helping to rescue and dig out ants in trouble. It brought tears to her eyes to see the Bantsville ants helping them when, just moments before, they had believed that they hated each other.

In the days after that, the residents of the two anthills worked together to rebuild Shanting, closer to Bantsville so that in the future it would also be better protected from strong winds by the nearby wall. The two hills worked together at collecting food and building supplies. They even built a small school for the workers of both of their colonies in between the two hills so that the children could grow up and learn together. Nothing more was ever said about the feud and they all lived happily ever after – or whatever it is that ants do.

# SUIS Celebrates Graduate Achievements

On June 8 Shanghai United International School held a ceremony at its Gubei Secondary Campus to celebrate its first graduate cohort. Impressive university placement offers, including 13 from among the world's top 100 universities, consolidated the sense of achievement. Speeches by keynote speaker Professor Hu Wei of the Xiehe Education Organization, Western Principal David Walsh, and Valedictorian Amos Fong, were interspersed by classical and jazz performances by talented musicians from the school, Jacky Li, Charles Qu, and Hyerin Kim.

In keeping with the principles of the Xiehe Organization, SUIS seeks to to combine the best of Eastern and Western education, in accordance with the mission 'East meets West'. For more information, readers can explore the school website at www.suis.com.cn

# New Venue for Little Urbanites

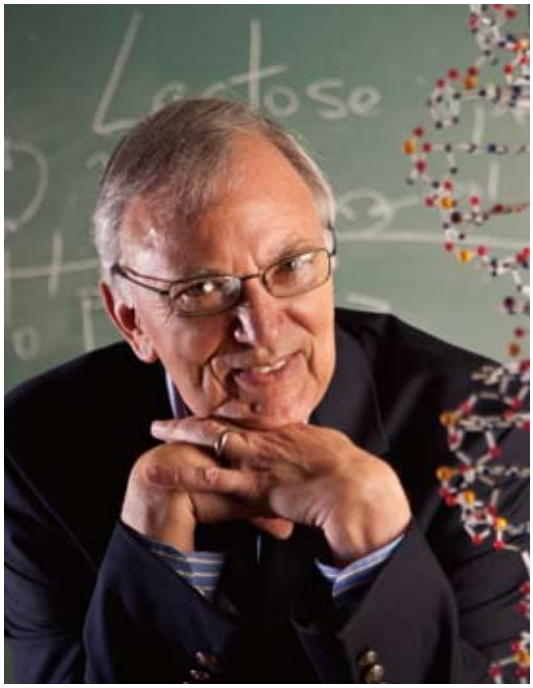
The Little Urban Center opened its doors on July 1, opposite Century Park in Pudong. Established as a 'children's enrichment center' for youngsters aged 1-10, the LUC occupies a large villas sub-divided into 12 themed environments. It provides creative stimulation, an English-language environment, scrupulous safety and hygiene standards, and a professional (multilingual) staff, but the primary emphasis on fun. The LUC is open from 9am-9pm daily (excepting holidays and monthly cleaning days). Various membership options are available. To find out more, or arrange a visit, call the center at 021 5187 2889, or visit the website www.thelittleurbancenter.com

# Darrel Falk at Concordia

Concordia Presents Speaker Series' inaugural speaker Dr. Darrel Falk presents a Public Lecture on The Intersection of Science and Faith. Dr. Falk is President of BioLogos and author of Coming to Peace with Science: Bridging the Worlds between Faith and Biology.

Time: Thursday, October 18, 7-9pm, Free and Open to the Public

Location: Concordia International School's Rittmann Theatre (R101)



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## EDUCATION

### Early Childhood Education

**Canada & China International School** is invested by Vancouver International Educationa Development Centre. We provied whole day kindergarten program for age 3 to 6, from 9:00am to 3:30pm. In the weekend also have after school program including Emergent Art, Science, Drama and Literature. Block B,C,D,F, 3/F, 1399 Beijing Xi Lu (3207 1135) 北京西路 1399 号 3 楼 B,C,D,F 座 .

**Gymboree** 5/F, 1665 Hongqiao Lu, by Shuicheng Lu, Changning District (6278 4727) www.gymboree.com. 金宝贝 , 长宁区虹桥路 1665 号 5 楼 , 近水城路 .

**International Play Point @ Longbai** GB2, Building 2, Longbai Service Apts, 2461 Hongqiao Lu (6268 8320) 龙柏 IPP,虹桥路 2461 号 2 号楼 GB2.

**Ni Kinderclub (Singapore)** 1)Beiqing Park, Qingpu District 2)Haihua Garden, 38 Dapu Lu, by Xujiahui Lu, Huangpu District (Chief Consultant Hotline (Mdm Donna Lv): 138 1737 3450; Chinese Hotline: 400 820 3832 ) Mon-Fri, 8:45am-4pm. 3)Rm 101, Unit 8, 1086 Pujian Lu, PuDong District 4) Unit 31, 500 Wuzhong Dong Lu, Xuhui District 1) 青浦区北青公园 .2) 黄浦区打浦路 38 号海华花园 , 近徐家汇路 .3) 浦东新区浦建路 1086 号 8 单元 101 室 .4) 徐汇区吴中东路 500 号 31 单元 .

**Shanghai babyArt Education Management Consulting Co., Ltd.** Rm 705, Bldg A, Hongqiao Flourish Lotus Plaza, 1050 Wuzhong Lu (5422 1000) www.babyart.cn. 上海创艺宝贝教育管理咨询有限公司 , 上海市吴中路 1050 号虹桥盛世莲花广场 A 幢 705 室 .

**Totsgarten Play Center** Club House, Odin Palace, 88 Branch, Lane 3001, Hongmei Lu (6401 8381) www.totsgarten.com. 奥玎亲子坊早教中心 , 虹梅路 3001 弄 88 支弄奥玎花园会所 .

### Kindergartens

**American Kindergarten Stars and Stripes** 138 Yingbin San Lu, near Shanghai Zoo (6268 3957) info@USL.com. www.starsandstripes.cn. 新世纪虹桥幼儿园 , 长宁区迎宾三路 138 号 , 近上海动物园 .

**Bright Start Academy** No.10-3, Cangwu Lu, 2F, XuhuiDistrict, Shanghai, near Tianlin Lu (6451 7908) www.kidsbrightstart.com. 启星学院 , 徐汇区苍梧路 10 号 3 幢 2 楼 , 近田林路 .

**Century Star Bilingual Kindergarten** 169 Boshan Dong Lu, between Deping Lu and Jujiaqiao Lu, Pudong District (5850 6698) www.shsjx.com. 上海世纪星双语幼儿园 , 浦东新区博山东路 169 号 , 德平路居家桥路中间 .

**China Welfare Institution Kindergarten** 1361 Xiuyan Lu, by Hunan Lu, Pudong (6819 2362) www.cwikin.com. 中国福利会幼儿园 , 浦东新区秀沿路 1361 号 , 近沪南路 .

**Dulwich College Kindergarten Shanghai** 425 Lan’an Lu, by Biyun Lu, Pudong District (5899 9910) www.dulwichcollege.cn. 上海德威英国国际学校幼儿园 , 浦东新区蓝桉路 425 号 , 近碧云路 .

**Fortune Kindergarten International School** 1)1361 Dongfang Lu, Pudong (5875 1212) www.fkis.com.cn. 2)201 Donghuan Long Lu (5039 8797) 3)2151 Lianhua Lu, Minhang (5458 0508) 海富幼儿园 , 1) 浦东新区东方路 1361 号 .2) 东环龙路 201 号 .3) 闵行区莲花路 2151 号 .

**Harvest Baby Kindergarten** 149 Hengbang Lu, by Tiantong’an Lu, Hongkou District (6587 8662) 哈佛士双语幼儿园 , 虹口区横浜路 149 号 , 近天潼庵路 .

**Learning Habitat Bilingual Kindergarten** Block C, Blue Sky Villa, 1980 Hongqiao Lu (6262 7668) www.learninghabitat.org. 学之园幼稚园暨双语幼儿园 , 虹桥路 1980 号蓝天别墅 C 幢 .

**Little Eton Bilingual Kindergarten** 592 Wanping Nan Lu, Xuhui District (6469 0445) little-eton@eastday.com. www.little-eton.com. 小伊顿双语幼稚园 , 徐汇区宛平南路 592 号 .

**Maryland Kindergarten** 1/F, 59 Ronghua Xi Dao, Gubei (6270 1393, 6270 2393) www.smlk.kr, maryland_sh@hanmail.net 上海市古北新区荣华西道 59 号 1 楼 .

**Merrykids Kindergarten** No.42, Lane 21 Pubei Lu, by Liuzhou Lu, Xuhui District (6483 0206) www.merrykids.com. 美智儿双语幼儿园 , 徐汇区蒲北路 21 弄 42 号 , 近柳州路 .

**Montessori Children's House** English-German-Mandarin class. 56 Lingshan Lu, by Yinshan Lu and Yunshan Lu 7:30am-4:40pm . 上海蒙台梭利儿童之家 , 灵山路 56 号 , 近银山路和云山路 .

**Montessori School of Shanghai** 1) Qingpu Campus: 1230 Zhuguang Lu (5988 6688) 2) 21 Donghu Lu (5403 7699) www.montessorisos.com. 上海私立蒙特梭利幼儿园 , 1) 青浦区诸光路 1230 号 . 2) 徐汇区东湖路 21 号 .

**Morgan Rothschild Childcare Center** Building 161, 1358 Huqingping Gonglu (6976 1000 ext 10/88) www.morganrothschild.com. 上海悦田幼儿发展中心 , 沪青平公路 1358 号 161 幢 .

**SCIS Hongqiao ECE Campus**: 2212 Hongqiao Lu, Shanghai 200336 China (86 21 6261 4338 ), Fax: 86 21 6261 4639. 上海长宁国际学校 虹桥 ECE 校区 : 虹桥路 2212 号 , 邮编 : 200336.

**Shanghai Angels Kindergarten** 281 Panlong Cun, Qingpu District, near Carrefour (5988 3458) www.angels.org.cn. 上海私立安乔幼儿园 , 青浦区蟠龙村 281 号 , 近家乐福 .

**Shanghai Greenfield Kindergarten** 1980 Hongqiao Lu, by Hongmei Lu, Changning District (6261 4446) 上海格林菲尔幼儿园 , 长宁区虹桥路 1980 号 , 近虹梅路 .

**Shanghai Ladder Bilingual Kindergarten/Tweety's English School** 1)Shanghai Ladder Bilingual Kindergarten: 910 Yingkou Lu, by Xiangyin Lu, Yangpu District (6534 7515) 2)Tweety’s English School: No 66, Lane 60, Jinhui Nan Lu, by Wuzhong Lu, Minhang District (6406 0846) 1) 阶梯双语幼儿园 , 杨浦区营口路 910 号 , 近翔殷路 .2) 阶梯华纳幼儿园 , 闵行区金汇南路 60 弄 66 号 , 近吴中路 .

**Shanghai Montessori Kindergarten** 1129 Zhuguang Lu (3319 9422) montessorikindergarten@yahoo.com.cn. www.s-m-k.org. 上海美美幼儿园 , 上海市沪青平公路诸光路 1129 号 .

**Shanghai Victoria Kindergarten** 1)No 1, Lane 71, Huating Lu (5403 6901) 2)No 15, Lane 155, Baocheng Lu (5415 2228) 3)No 38, Lane 39, Yinxiao Lu (5045 9084) 4)No 81, Lane 3297, Hongmei Lu (6405 6668) www.victoria.edu.hk. 上海维华幼儿园 , 1) 华亭路 71 弄 1 号 , 近淮海中路 .2) 莘庄宝城路 155 弄 15 号 , 名都新城内 .3) 浦东新区银霄路 39 弄 38 号 , 世纪花园旁 .4) 虹梅路 3297 弄 81 号 .

**Shanghai Wei Hai Kindergarten** International Division 730 Weihai Lu, by Shaanxi Bei Lu (6272 7877) www.weihai-ja.com. 上海市威海路幼儿园 , 威海路 730 号 , 近陕西北路 .

**The British International Kindergarten** No.3125 Hongmei Lu, Minhang District (6406 5119) bikshanghai@hotmail.com. 上海英国国际幼儿园 , 闵行区虹梅路 3125 号 .

**WuNan Kindergarten International School** 14 Wulumuqi Nan Lu, near American Consulate (6433 7993) 上海乌南幼儿园国际部 , 乌鲁木齐南路 14 号 , 近美国领事馆 .

**YCIS Shanghai Kindergarten** 1) HongQiao Campus: 11 Shuicheng Lu, by Hongqiao Lu. K1-Year 4 (Ages 1-8) (6242 3243) 2)Regency Park Campus: 1817 Huamu Lu. K1-Year 4 (Ages 1-8) (5033 1900). enquiry@sh.ycef.com. 1) 虹桥校舍 : 水城路 11 号 . 2) 御翠园校舍 : 花木路 1817 号御翠园 .

### International Schools

**Concordia International School Shanghai** 999 Mingyue Lu, by Huangyang Lu (5899 0380) admissions@ciss.com.cn. www.ciss.com.cn. 上海协和国际学校 , 浦东新区明月路 999 号 , 近黄杨路 .

**Deutsche Schule Shanghai** 30, Lane 399, Zhuguang Lu (3976 0555) info@ds-shanghai.org.cn. www.ds-shanghai.org.cn. 上海德国学校 , 诸光路 399 弄 30 号 .

**Dulwich College International School** 266 Lan’an Lu, by Mingyue Lu, Jinqiao, Pudong (5899 9910) admissions@dulwich-shanghai.cn. www.dulwich-shanghai.cn . 上海德威英国国际学校 , 浦东金桥蓝桉路 266 号 .

**Livingston American School** 580 Ganxi Lu, Changning District (6238 3511) Info@laschina.org. www.laschina.org. 李文斯顿美国学校 , 长宁区甘溪路 580 号 .

**LYCÉE FRANÇAIS DE SHANGHAI** 1)30, Lane 399, Zhuguang Lu (3976 0555) http://ef.shanghai.online.fr. 2)Bldg D, 1555 Jufeng Lu, Pudong (6897 6589) 上海法语学校 , 1) 诸光路 399 弄 30 号 .2) 浦东巨峰路 1555D 楼 .

**Rainbow Bridge International School** 2381 Hongqiao Lu, by Hami Lu (6268 9773) www.rbischina.org. 虹桥国际学校 , 虹桥路 2381 号 , 近哈密路 .

**Shanghai American School** 1)Pudong Campus: 1600 Lingbai Gonglu, Pudong (6221 1445) 2)Puxi Campus: 258 Jinfeng Lu, by Beiqing Gong Lu, Minhang District (6221 1445) www.saschina.org. 上海美国学校 , 1) 浦东凌白公路 1600 号 .2) 闵行区金丰路 258 号 , 近北青公路 .

**Shanghai Community International School** 1) Hongqiao Campus: 1161 Hongqiao Road, Shanghai 200051 CHINA (Tel) 86-21-6261-4338 (Fax) 86-21-6261-4639 2) Pudong Lower School: 800 Xiuyan Road, Shanghai 201315 CHINA (Tel) 86-21-5812-9888 (Fax) 86-21-5812-9000 3) Pudong Upper School: 198 Hengqiao Road, Shanghai 201318 CHINA (Tel) 86-21-

5812-9888 4)Hangzhou Campus: 78 Dongxin Road, Hangzhou, China, 310053(Tel) 86-571-8669-0045 1) 虹桥总校 : 虹桥路 1161 号 电话 : 86-21-6261-4338 传真 : 86-21-6261-4639 2) 浦东小学部 : 秀沿路 800 号 电话 : 86-21-5812-9888 传真 : 86-21-5812-9000 3) 浦东初高中部 : 横桥路 198 号 电话 : 86-21-5812-9888 4) 杭州校区 : 东新路 78 号 电话 : 86-571-8669-0045

**Shanghai Rego International School** 1)159 Diannan Lu (5488 8320) 2)189 Dongzha Lu, by Shuying Lu, Minhang District (5488 3431) www.srisrego.com. 上海瑞金国际学校 , 1) 華庄镇淀南路 159 号 .2) 闵行区东闸路 189 号 , 近疏影路 .

**Shanghai Singapore International School** 1)Minhang Campus: 301 Zhujian Lu, Minhang District (6221 9288) info@ssis.cn. www.ssis.cn. 2) Xuhui Campus: 1455 Huajing Lu (6496 5550) 上海新加坡国际学校 , 1) 朱建路 301 号 .2) 华泾路 1455 号 .

**Shanghai United International School** 1) Hongqiao Campus, 999 Hongquan Lu (3431 0090) 2) Gubei Secondary Campus, 248 Hongsong Dong Lu (5175 3030) 3) Pudong Campus, 48 Xueye Lu Pudong (5886 9990) 4) Shangyin Campus, 185 Longming Lu (5417 8143) 5) Jiao Ke Secondary Campus, 55 Wanyuan Lu (6480 9986) www.suis.com.cn 上海协和双语学校 , 1) 虹桥校区 : 虹泉路 999 号 , 近金汇路 2) 古北中学校区 : 红松东路 248 号 3) 浦东校区 : 浦东新区雪野路 48 号 4) 尚音校区 : 龙茗路 185 号 5) 教科实中校区 : 万源路 55 号 .

**The British International School** 1) Pudong Campus: 600 Cambridge Forest New Town, 2729 Hunan Lu (5812 7455) enquiries@bisspudong.com 2) Puxi Campus: 111 Jinguang Lu, Huacao Town, Minhang District (5226 3211) enquiries@bisspuxi.com, www.bisshanghai.com 1) 上海英国学校浦东校区 , 上海浦东沪南公路 2729 弄康桥半岛 600 号 2) 上海英国学校浦西校区 , 上海闵行区华漕镇金光路 111 号 .

**Western International School of Shanghai** 555 Lianmin Lu, Xujing Town, Qingpu District (6976 6388, 6976 6969,136 6189 8631) admission@wiss.cn. www.wiss.cn. 上海西华国际学校 , 青浦区徐泾镇联民路 555 号 , 靠近沪青平公路 , 豪都国际花园对面 , 毗邻圣堡别墅 .

**Yew Chung International School of Shanghai** 1)18 Ronghua Xi Dao, by Guyang Lu, Changning District (6219 5910) 2)Century Park Campus: 1433 Dongxiu Lu (5045 6475) 3) Hongqiao Campus: 11 Shuicheng Lu, by Hongqiao Lu, Changning District (6242 3243) 4)Regency Park, 1817 Huamu Lu, Pudong (5033 1900) enquiry@ycef.com. www.ycef.com. 耀中国际学校 , 1) 长宁区荣华西道 18 号 , 近古羊路 .2) 浦东新区东绣路 1433 号 .3) 长宁区水城路 11 号 , 近虹桥路 .4) 浦东花木路 1817 号御翠园 .

**YK Pao School** 20, Lane 1251, Wuding Xi Lu, Changning District (6167 1999) www.ykpaoschool.cn. 包玉刚实验学校 , 长宁区武定西路 1251 弄 20 号 .

## Language Center

**iMandarin** "Ting Bu Dong" is Long gone! 1) Shanghai Centre Campus: Suite 720-721, Shanghai Centre, 1376 Nanjing Xi Lu (86 21 3222 1028) 2) Yuandong Campus: Rm1916, Bldg B, 317 Xianxia Lu, by Gubei Lu (86 21 5239 2807 ) 3) Xintiandi Campus: Suite 1708, Shui On Plaza, 333 Huaihai Zhong Lu (86 21 3308 0508) 4) Gubei Campus: Suite C207, Shang-Mi Ra Commercial Centre, 2633 Yan'an Xi Lu (86 21 3223 1046) 5) Suite 2312, Bank of China Tower, 200 Yincheng Zhong Lu (86 21 5037 2711) 6) 1779 Yunshan Lu (86 21 6105-9572) study@imandarin.net. www.iMandarin.net. 1) 南京西路 1376 号上海商城西峰 721 室 2) 仙霞路 317 号远东国际广场 B 座 1916 室 , 近古北路 3) 淮海中路 333 号瑞安广场 1708 室 4) 延安西路 2633 号美丽华商务中心 C207 室 5) 浦东银城中路 200 号中银大厦 2312 室 6) 云山路 1779 号 .

**Panda Chinese Language & Culture Training Centre** 1) Hongqiao Campus: Suite E, 26/F, Ziyun Mansion, near 299 Ziyun Lu. (near Hongqiao Parkson stores) 2) Jing'an Campus: Rm311-313, 3/F, Building 3, Donghai Plaza, No.28 Yuyuan Dong Lu. 3) Shanghai Zoo Campus: Suite 1001, 10/F, Block 4, Hongqiao Central Garden, 1999 Hami Lu. 4) Pudong Campus: Suite 14B, 14/F, Regal Tower, 15 Xiangcheng Lu. info@pandachinesetraining.com. www.pandachinesetraining.com. 1) 虹桥校 : 紫云路近 299 号紫云大厦 26E ( 近虹桥百盛上海城 ) 2) 静安分校 : 愚园东路 28 号东海广场 3 号楼 3 楼 311-313.3) 上海动物园校 : 哈密路 1999 号 , 虹桥中园 ,4 号楼 1001 室 .4) 浦东分校 : 向城 15 号 , 锦城大厦 14B.

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## Extracurricular

**Children's Technology Workshop**1) Units 46-47B Thumb Plaza, Lane 199 Fangdian Lu (5033 3053) 2)5/F, 3211 Hongmei Lu (6446 6766) www.ctworkshop.com.cn Mon-Fri 9:30~18:30, Sat, Sun 9:00-18:00 1) 芳甸路 199 弄大拇指广场 46-47B 2) 虹梅路 3211 号 5 楼 ( 周一到周五 :9:30~18:30. 周末 :9:00~18:00)

**Drum Lessons** Professional American drummer available for instruction. Specializing in rock, R&B, soul music. Experienced teaching children and adults. Contact Joe Mahone at 137.6156.6364.

**FamilyGuru** a non-profit group that brings a community of parents and specialists together to provide answers and guidance to everyday parenting challenges. Intended for parents of children from 2-10 teenage years, it tackles topics relating to child development and well-being with a focus on everything behavioral. Through meetings, seminars and workshops parents are empowered to make the decisions and adopt a style that suits their own families. For more information contact us at info@familyguru.org.

**Kids Elements** 1985 Hongqiao Lu, by Hongxu Lu (6295 3281, 6295 3286) Tue-Fri 9.30am-6pm; Sat, Sun 9.30am-5pm. info@kidselements.net . www.kidselements.net 虹桥路 1985 号近虹许路 .

**Kidzart** 1)5/F Ascendas Plaza, 333 Tianyaoqiao Lu (6426 0806) 2)615 Huang Jin Cheng Dao (3209 6306) 3)4/F, No.30, Lane 1399 Dingxiang Lu (5011 9496) www.kidzart-china.com 1) 天钥桥路 333 号腾飞大厦 5 楼 2) 黄金城道 615 号 3) 丁香路 1399 弄 30 号 4 楼

**Jazz du Funk** Shanghai`s first International Dance Studio 5/F, No. 2, Lane 133 Changshu Lu (5403 9387) 14:00~21:00, www.jazzdufunk.com 常熟路 113 弄 2 号 5 楼

**JZ School** Hetang Education. Music & Dance for kids 12, Lane 280, Wukang Lu, Shanghai (5403 6475) 10:00~19:00, www.jz-school.com 上海武康路 280 弄 12 号

**Longwu Kung Fu** 1 Maoming Nan Lu (6287 1528) 14:00~21:00, www.longwukungfu.com 龙武功夫馆 茂名南路 1 号 2 楼

**The Essential Learning Group** The Essential Learning Group has a deep respect for the challenges faced by schools, teachers, parents and children. 1) Rm 101, No. 3, Lane 980 Shilong Lu 2) Unit 130, Lane 1296 Jingao Lu 3) 4/Floor, Main Building, SCIS, Pudong Lower Campus 800 Xiuyan Lu, KangQiao (5206 6273) www.essentiallearninggroup.com 1) 石龙路 980 弄 3 号 101 室 2) 金高路 1296 弄 130 单元 3) 康桥秀沿路 800 号上海长宁国际学校主楼 4 楼 周一 ~ 周五 ,8:00~17:00

# HEALTH

## Dental

**Arrail Dental** 1)2/F, Jinguo Garden, 245 Tianping Lu (6473 7733) 2)Unit 204, Lippo Plaza, 222 Huaihai Zhong Lu (5396 6538/39) Mon-Thu 9:30am-8pm, Fri-Sun 9:30am-6:30pm. www.arrail-dental.com. 3)Unit 417, Huarun Times Square, 500 Zhangyang Lu (5836 8100) 4)Unit F16, B1,Super Brand Mall Lujiazui (5047 6878) 瑞尔齿科 , 1) 天平路 245 号巾帼园 2 楼 .2) 淮海中路 222 号力宝广场 204 室 .3) 张杨路 500 号华润时代广场 417 室 .4) 陆家嘴西路正大广场地下一层 F16 室 .

**CAD Dental Centre** Block G, Zhonglian Villa,1720 Huaihai Lu (6437 7100, 24h emergency 6437 5911) Mon-Sat, from 9am. www.caddental.cn. 淮海中路 1720 号众联别墅 G 座 .

**DDS Dental Care** 1)Hongqiao Clinic: Suite 2, 85 Jinhui Lu (3431 7387) Mon-Sat, 10am-6pm. 2)Pudong Clinic: B1-F, POS Plaza Building, 1600 Shiji Da Dao, by Pudian Lu (6876 0409/0447) Mon-Sun 10am-6pm. 3)Puxi Clinic: B1-05 Evergo Tower, 1325 Huaihai Zhong Lu (5465 2678) Mon-Sat 10am-6pm. www.ddsdentalcare.com . 缔矢口腔门诊 , 1) 金汇路 85 号 2 座 .2) 世纪大道 1600 号浦项商务广场大厦 B-1F 座 .3) 淮海中路 1325 号爱美高大厦 B1-05 座 .

**Dr.Harriet Jin's Dental surgery** Rm 1904, Hui Yin Plaza (South Building), 2088 Huashan Lu (6448 0882) harrietjin@online.sh.cn. www.drharrietdental.com. 华山路 2088 号汇银广场南楼 1904 室 .

**Global HealthCare Medical&Dental Center-Pudong** Shop 212, Shanghai World Financial Center, 100 Century Ave. (6877 5993) www.ghcchina.com

上海浦东全康医疗中心 , 上海市浦东新区世纪大道 100 号上海环球金融中心商场 212 室 .

**Global HealthCare Medical&Dental Center-Puxi** Suite 303, ECO City, 1788 Nanjing Xi Lu, Jing'an District (5298 6339) Mon-Fri, 8am-7pm; Sat-Sun, 9am-5pm. info@ghcchina.com. www.ghcchina.com. 上海浦西全康医疗中心 , 南京西路 1788 号国际中心 303 室 .

**Kowa Dental Clinic** 3N1-3N3, 3/F, J-life Center, Jin Mao Tower, 88 Century Boulevard, Pudong New Area, Shanghai (5108 2222) 9am-8:30pm. www.kowa-dental.com. 科瓦齿科 , 世纪大道 88 号金茂大厦时尚生活中心 3N1-3N3.

**New York Dental Clinic** 388 Hong Bao Shi Lu, Shanghai Kanglian Hospital (6278 1181) Mon.-Fri, 9am-6pm; Sat., 9am-5pm. 红宝石路 388 号 1 楼 .

**Parkway Health Dental Centers** 1) Jin Qiao Medical & Dental Center, 51 Hongfeng Lu, Jin Qiao, Pu Dong http://www.parkwayhealth.cn/dental_location.php. 2)Shanghai Centre Dental Center, 204 West Retail Plaza, 1376 Nanjing Xi Lu (6445 5999) 24-hours. 3)Shanghai Gleneagles International Medical, Surgical & Dental Center, 4/F, Tomorrow Square, 389 Nanjing Xi Lu, by Huangpi Lu Mon-Fri, 9am-7pm; Sat, 9am-5pm. 瑞新医疗 , 1) 浦东金桥红枫路 51 号 2) 南京西路 1376 号上海商城西峰 204 室 3) 南京西路明天广场 4 楼 , 近黄陂路 .

**Shanghai United Family Hospital - Dental Clinic** 8 Quankou Lu, by Linquan Lu, Changning District (2216 3909) Mon-Sat, 9am-5pm, Wednesday, 9am-7pm. www.unitedfamilyhospitals.com 上海和睦家医院口腔美容中心 , 泉口路 8 号 , 近林泉路 .

**Star Dental** 1) 4/F, Jing'An Sport Center, 428 Jiangning Lu, Jing'An District (6272 7717) 2) 37 Weifang Lu, Pudong New Area (5836 0668) Mon-Fri, 10am-7pm, Sat-Sun, 9am-6pm, www.stardental.com.cn 星齿科 ,1) 静安区江宁路 428 号静安体育中心 4 楼 , 近武定路 2) 浦东新区潍坊路 37 号 ( 近浦东南路 ).

**Tokushinkai Dental Clinics** 1) Hongqiao Clinic: 3/F, Maxdo Centre, Xingyi Lu(5208 0208, 5208 0218) By appointment: 10am-8pm, Sun-Sat. www.tokushinkai.or.jp. 2)Jing'An Clinic: 2/F, 555 Building, 555 Nanjing Xi Lu (6340 0270, 6340 0290). 3) Jinqiao Clinic: 160 Lan'an Lu, by Biyun Lu, (5030 7858, 5030 7868). 4) Lianyang Clinic: 1198 Dingxiang Lu, by Thumb Plaza (6856 1040, 6856 1045). 5)Suzhou Industry Park Clinic: 1/F, Suxin Building, 88 Jinjihu Lu (0512 6763 5720, 0521 6763 5721). 6)Suzhou New District Clinic: 3/F, The Emerald City, 436 Changjiang Lu (0512 6803 2501, 0521 6803 2502). 7)Wuxi Clinic: B-1/F, No 8, Singapore Industry Zone, Wuxi New District (0510 8528 1121 ) Mon-Sun, 10am-8pm. 1) 虹桥诊所 : 上海兴义路 8 号万都中心 3 楼 .2) 静安诊所 : 南京西路 555 号 , 三五大厦 2 楼 .3) 金桥诊所 : 浦东蓝桉路 160 号 , 近碧云路 .4) 联洋诊所 : 丁香路 1198 号 ( 大拇指广场北侧 ).5) 苏州园区诊所 : 苏州工业园区金鸡湖路 88 号苏信大厦 1F.6) 苏州新区诊所 : 苏州高新区长江路 436 号绿宝广场 3 楼 .7) 无锡新加坡工业园行创六路 8 号 6~7 欧陆风情广场 B 楼 1F ( 近高浪东路 ).

**WorldPath Clinic International** 399 NanQuan Bei Lu (2020 7888) Mon-Fri 9am-8pm,Sat-Sun 9am-4pm. service@worldpathclinic.com. www.worldpathclinic.com 上海沃德医疗中心 , 南泉北路 399 号 .

## Health Services

**AmMed Cancer Center** 20/F, Shanghai Ruijin Hospital OPD, 197 Ruijin Er Lu (6415 5988 ) www.ruijin-ammed.com. 上海瑞金二路 197 号瑞金医院门诊大楼 20 楼 .

**Bioscor Shanghai Clinic** 5, Lane 89, Xingguo Lu (6431 8899) 9am-6pm. info@bioscor.com.cn. www.bioscor.com.cn. 上海保加医疗美容中心 , 兴国路 89 弄 5 号 .

**Body & Soul – Medical Clinics** 1) Huangpu: 14/F, An Ji Plaza, 760 Xizang Nan Lu (5101 9262) huangpu@bodyandsoul.com.cn. 2)Minhang: Zhi Di Plaza, 211 Chengjia Qiao Zhi Lu (6461 6550) minhang@bodyandsoul.com.cn. 3)Jingan: 6/F, Four Seasons Hotel, 500 Weihai Lu (5101 9262) jingan@bodyandsoul.com.cn. 4) Pudong: Rm 1303, Jin Ying Bld. (B), 1518 Minsheng Lu, 80 Hanxiao Lu (6162 0361) pudong@bodyandsoul.com.cn. www.tcm-shanghai.com. 1) 西藏南路 760 号安基大厦 14 楼 5 室 . 2) 程家桥支路 211 号 . 3) 威海路 500 号上海四季酒店 6 楼 . 4) 民生路 1518 号 , 含笑路 80 号金鹰大厦 1303 室 .

**Chiropractic-ESI Spinal Clinic** 551 Pudong Nan Lu (5879 9999) Mon-Fri 9am- 8pm; Sat, Sun 9am- 1pm. 上海东方国际医院 , 浦东南路 551 号 .

**Healthway Family Medical Centre** 1)1228 Biyun Lu (5030 1699, 800 988 1103) Mon-Sun, 8-11.30am, 1.30-5pm. 2)371 Xinzha Lu (6359 1082, 800 988 1103) www.healthwaychina.com. 1) 碧云路 1228 号近红枫路 .2) 新闸路 371 号 .

**Huadong Hospital: Foreigners' Clinic** 221 Yan'an Xi Lu (6248 3180) Mon-Sun, 8-11:30 am, 1:30-5pm. 华东医院国际诊所 , 延安西路 221 号 .

**Huashan Hospital: Foreigners' Clinic** 1068 Changle Lu (Foreigner's Ward) (6248 9999, ext. 2500) Mon-Fri, 8am-5pm. 华山医院国际诊所 , 长乐路 1068 号 .

**International Medical Care Center of Shanghai** First People's Hospital, 585 Jiulong Lu (6324 3852, 24hrs) Mon-Fri, 8am-4pm. 上海第一人民医院国际医疗保健中心 , 九龙路 585 号上海第一人民医院 .

**New Vison Eye Clinic** 12/F, New Out-patient Building, Rui Jin Hospital, 197 Ruijin Er Lu (near Shaoxing Lu) (English Speaking Hotline: 6437 7445) Hours: Mon-Fri 8:00am-5:00pm. www.rjeye.com. 瑞视眼科 , 瑞金二路 197 号门诊大楼 12 楼 ( 近绍兴路 )

**Oh's Chiropractic Center** Rm 1202, Mingzhu Building, 55 Shuicheng Nan Lu, opposite Carrefour Gubei Store (6209 5546, 133 8607 7257) 9:30-8pm. handong_dn@126.com . 水城南路 55 号明珠大楼 1202 室 , 古北家乐福对面 .

**Shanghai Aier Eye Hospital** 1286 Hongqiao Lu (near Songyuan Lu) (English appointment hotline: 021 -3251 9930) Mon – Sun: 8:30am -5:30 pm Email: ipsc@aier021.com. www.en.aier021.com. 上海爱尔眼科医院 , 虹桥路 1286 号近宋园路

**Shanghai DeltaWest Clinic** Building B-5F, 2558 West Yan' an Road, Shanghai (4008210277 / 22139777) patientservice@deltahealth.com.cn www.deltahealth.com.cn 上海市延安西路 2558 号 B 座 5 层

**ParkwayHealth Medical Centers** 1) Corporate Office: 7/F, 108 Zhaojiabang Lu (6445 1515) 2)Hong Qiao Medical Center: 2258 Hongqiao Lu Mon-Fri 9am-7pm, Sat&Sun 9am-5pm. 3)Jin Qiao Medical and Dental Center: 51 Hongfeng Lu, Jiang Qiao, Pudong Medical: Mon-Fri 9am-5pm Sat&Sun 9am-5pm; Dental: Mon-Fri 9am-7pm Sat 9am-5pm. 4)Mandarine City Medical Center, Mandarine City, Suite 30, 788 Hongxu Lu Mon-Fri 9am-7pm, Sat&Sun 9am-5pm. 5)Shanghai Centre Medical and Dental Centers: 203-4 West Retail Plaza, 1376 Nanjing Xi Lu Medical: Mon-Fri 9am-7pm, Sat & Sun 9am-5pm; Dental: Mon-Sat 8:30am-6:30pm . 6)Specialty and Inpatient Center (Women's Health & Birthing Center): 2/3 Floor, 170 Danshui Lu Primary Care: 24 hours / 7 days per week. 7)Tomorrow Square Shanghai Gleneagles Medical and Surgical Center, 4/F, Tomorrow Square, 389 Nanjing Xi Lu, by Huangpi Lu (24-Hour Appointment Service Center: 6445 5999) Mon-Fri 9am-6pm, Sat 9am-5pm.8) B-101 & 102, Expo Village, 1175 Xueye Lu, Pudong www.parkwayhealth.cn 1) 行政办公室 : 上海市肇嘉浜路 108 号 7 楼 .2) 上海瑞祥门诊部 ( 虹桥 ): 虹桥路 2258 号 .3) 上海瑞浦门诊部 ( 浦东金桥 ): 浦东金桥红枫路 51 号 .4) 上海瑞虹门诊部 ( 名都城 ): 虹许路 788 号名都城 30 号底层 .5) 上海瑞新医疗中心 ( 上海商城 ): 南京西路 1376 号西峰 203-2044 室 .6) 上海新瑞医疗中心 ( 女性健康及生产中心 ): 淡水路 170 号 2-3 楼 ( 近新天地 ).7) 上海百汇华鹰门诊部 : 南京西路 389 号明天广场裙房 4 楼 ( 与 JW 万豪酒店同楼 ) 8) 浦东新区雪野路 1175 号世博村 B 地块 1 号楼裙房 101,102.

**Ren Ai International Patient Center (RIPC)** 133 Caoxi Lu (5489 3781) Open 365 days. www.en.renai.cn. 漕溪路 133 号 .

**Shanghai United Family Hospital and Clinics** 1)1139 Xianxia Lu (2216 3900, 2216 3999 (24h/7ER hotline)) Mon-Sat, 8.30am-5.30pm. 2)Shanghai Racquet Club, G/F, Clubhouse, Lane 555, Jinfeng Lu, Huacao Town (2201 0995) Mon-Sat, 9am-5pm, srcclinic@ufh.com.cn. 3)1/F, Area A & B, 525 Hongfeng Lu (5030 9907) Mon-Sun, 8.30am-5.30pm, www.ufh.com.cn 上海和睦家医院 ,1) 仙霞路 1139 号 .2) 闵行区华漕镇金丰路 555 弄上海网球俱乐部内 .3) 红枫路 525 号 A&B 区一楼 .

**SinoUnited Health, Physiotherapy, Orthopaedics, Sports Medicine** 1) Gubei Clinic: 491 Yili Nan Lu, by Huangjincheng Avenue, Gubei (6124 9979) 2)Jinqiao Clinic: No. 16, Lane 300 Hongfeng Lu, by Biyun Lu, Jinqiao (5030 7810) 3)Shanghai Centre (Portman) Clinic: Suite 601, Shanghai Centre, 1376 Nanjing Xi Lu (6279 8920) www.SinoUnitedHealth.com. 1) 古北门诊部 : 伊犁南路 491 号 ( 近黄金城道 ).2) 浦东金桥红枫路 300 弄 16 号 ( 近碧云路 ).3) 上海商城门诊部 : 南京西路 1376 号上海商城西峰 601 室 .

**Shanghai ConBio Aesthetic Surgery Hospital** 259 ,Xikang Lu (6289 5163, 6289 5165) www.chinameirong.com/english. 西康路 259 号 .

**Sunshine Children's Clinic** 85 Yili Nan Lu, by Guyang Lu, Gubei (5477 6480) 圣安儿童医疗中心 , 古北新区伊犁南路 85 号 , 近古羊路 .

**Wooridul International Spine Hospital (Shanghai)** No. 106 Shi Guang Yi Cun, near Wujiaochang (6117 9900) www.wolide.com/en. 上海我立德医院 , 市光一村 106 号近五角场 .

**WorldPath Clinic International** 399 NanQuan Bei Lu (2020 7888 ) Mon-Fri 9am-8pm,Sat-Sun 9am-4pm. service@worldpathclinic.com. www.worldpathclinic.com. 上海沃德医疗中心 , 南泉北路 399 号 .

## Chinese Medicine

**Acupuncturist, Herbalist & Physiotherapist** 12/F, 551 South Pudong Lu (5879 9999 ext 2900) www.seimc.com.cn. 上海东方国际医院 , 浦东南路 551 号 12 楼 .

**Body & Soul - Medical Clinics** 1) Huangpu: 14/F, An Ji Plaza, 760 Xizang Nan Lu (5101 9262) huangpu@bodyandsoul.com.cn. 2)Minhang: Zhi Di Plaza, 211 Chengjia Qiao Zhi Lu (6461 6550) minhang@bodyandsoul.com.cn. 3)Jingan: 6/F, Four Seasons Hotel, 500 Weihai Lu (5101 9262) jingan@bodyandsoul.com.cn. 4) Pudong: Rm 1303, Jin Ying Bld. (B), 1518 Minsheng Lu, 80 Hanxiao Lu (6162 0361) pudong@bodyandsoul.com.cn. www.tcm-shanghai.com. 1) 西藏南路 760 号安基大厦 14 楼 5 室 . 2) 程家桥支路 211 号 . 3) 威海路 500 号上海四季酒店 6 楼 . 4) 民生路 1518 号 , 含笑路 80 号金鹰大厦 1303 室 .

**Dr. Li Jie Chinese Medicine Clinic** 5C, No. 28, Lane 18 Hongqiao Lu (3424 1989 ) ljpctcm@81890.net. http://www.ljtcm.com.cn. 虹桥路 18 弄 28 号 5C.

**K.E.M Chinese Medicine Acupuncture Weight Loss Center** Unit B, 4/F, Shu Guang Bldg, 189 Pu'an Lu (6386 1307) Mon-Sun, 9am-9pm. 普安路 189 号曙光大厦 4 楼 B 座 .

**Professional Chinese Medicine** 2/F, Tong Han Chun, 20 Yuyuan Xin Lu (close to Yu Garden) (6373 1232) Daily 8:30am-4:30pm. 童涵春专家门诊 , 豫园新路 20 号童涵春国药 2 楼 ( 近豫园 )

## Pregnancy Health Services

**American-Sino OB/GYN Service** 1) Inpatient: 14/F, Complex Building Huashan Hospital, 12 Wulumuqi Zhong Lu, by Changle Lu (6249 3246, 5288 7240) 2)Outpatient: 3/F, Block 6, Clove Apartment, 800 Huashan Lu, by Zhenning Lu. (6210 2299) Mon-Fri 9am-8pm, Sat-Sun 9am-5pm. 美华妇产 , 1) 乌鲁木齐中路 12 号华山医院综合楼 14 楼近长乐路 .2) 华山路 800 弄丁香公寓 6 号裙楼 3 楼近镇宁路 .

**Parkway Health Medical Center** Services include family medicine, birthing, paediatrics, infertility treatment, ultrasound scanning, and 24-hour in-patient & urgent care. 3/F, 170 Danshui Lu (6385 9889, 24 hour hotline 6445 5999) Mon-Sun 9am-9pm. 瑞新专科及住院中心 , 淡水路 170 号 3 楼 .

**Shanghai East International Medical Center** 551 Pudong Nan Lu (5879 9999) www.seimc.com.cn. 上海市浦东南路 551 号 .

**VIP Maternity & GYN Center** VIP 13-15/F, 1961 Huashan Lu (6407 9476) www.upmg.us. 国际妇产中心 , 华山路 1961 号贵宾楼 13-15 层 .

**WorldPath Clinic International** 399 NanQuan Bei Lu (2020 7888) Mon-Fri 9am-8pm,Sat-Sun 9am-4pm. service@worldpathclinic.com. www.worldpathclinic.com. 上海沃德医疗中心 , 南泉北路 399 号 .

## Ophthalmology

**Healthway Nobel Eye Hospital** 377 Xinzha Lu,Jingan District (6359 1166) 上海诺美尔五官科医院 , 静安新闸路 371 号

**New Vision Eye Clinic** 12th Floor, New Out-Patient Building, Rui Jin Hospital, 197 Ruijin Er Lu (6437 7445) eng.rjeye.com 瑞视眼科 , 卢湾区瑞金二路 197 号 , 近绍兴路

**Renai International Patient Center** 133, Caoxi Lu, near by IKEA and Shanghai Indoor Stadium, Xuhui District (5489 3781, 6468 8888 ext 211) http://www.renai.cn 上海仁爱医院 , 上海市徐汇区漕溪路 133 号 , 近万体馆 .

**Shanghai Aier Eye Hospital** 1286, Hongqiao Lu, by Songyuan Lu, Changning District (3251 9930 ) www.aier021.com 上海爱尔眼科医院 , 上海市长宁区虹桥路 1286 号 , 近宋园路路口 .

**Shanghai Bright Eye Hospital** 436, Gubei Lu, Changning District (6259 7666) www.pr021.com 上海普瑞眼科医院 , 上海市长宁区古北路 436 号 .

**Shanghai Long March Hospital Ophthalmology Department** 415, Danfeng Lu, Huangpu District (6351 9814; 8188 6313) www.021eye.com 上海长征医院眼科 , 黄埔凤阳路 415 号长征医院门诊二楼 .

**Shanghai Peace Hospital of Ophthalmology** 61, Yiminhe Lu, Hongkou District (5588 4095) www.hpyk.com 上海和平眼科医院 , 虹口伊敏河路 61 号

**The Affiliated Five Sense Organ Hospital of Fudan University** 1) 83, Fenyang Lu, Xuhui District (6437 7134) 2) 19 Baoqing Lu (6437 6425) 3) 389. Yaohua Lu (5883 5588) www.fdeent.org 复旦大学附属眼耳鼻喉科医院 , 1) 徐汇区汾阳路 83 号 2) 宝庆路 19 号 3) 耀华路 389 号 .

**WorldPath Clinic International** 399 NanQuan Bei Lu (2020 7888) Mon-Fri 9am-8pm,Sat-Sun 9am-4pm. service@worldpathclinic.com. www.worldpathclinic.com. 上海沃德医疗中心 , 南泉北路 399 号 .

**Xinshijie Eye Hospital** 18, Huichuan Lu, by Kaixuan Lu (400 881 3365) www.neweye.cn 上海新视界眼科医院 , 上海市汇川路 18 号 , 近凯旋路 .

# FAMILY ENTERTAINMENTS

## Kids Entertainments

**Aquaria 21** A great place for children's birthday parties and aquarium sleepovers. Dive in our 2.2 million litre oceanarium with sharks, rays, turtles and many more, or swim with our Beluga whales. Massive South American-themed underwater world aquarium, Beluga Whale Show Stadium and simulator action rides. Gate 4, Changfeng Park, 451 Daduhe Lu (6286 6399) www.oceanworld.com.cn 长风海洋世界 大渡河路 451 号长风公园 4 号门

**Jane Goodall Institute-Shanghai Roots & Shoots Program** 15/F, Ocean Towers, 550 Yan'an Dong Lu, by Zhejiang Zhong Lu (6352 3580) roots&shoots@zuelligpharma.com.cn. www.jgi-shanghai.org. 上海根与芽青少年活动中心 , 延安东路 550 号海洋大厦 15 楼 , 近浙江中路 .

**Natural History Museum** 260 Yan'an Dong Lu, by Jiangxi Zhong Lu, Tue-Sun, 9am-3.30pm. 自然博物馆 , 延安东路 260 号 , 近江西中路 .

**Shanghai Children Museum** A museum designed especially for kids. Last entry 3.30pm. 61 Songyuan Lu, close to Hongqiao Lu (6278 3127) RMB 20 for adults, RMB 10 for kids, Daily 8:30am-5pm, closed on Monday. 上海儿童博物馆 , 宋园路 61 号 , 近虹桥路 .

**Shanghai Circus World** 2266 Gonghexin Lu, by Guangzhong Lu (5665 6622) 上海马戏城 , 共和新路 2266 号 , 近广中路 .

**Shanghai Science & Technology Museum** High-tech displays, indoor rainforest, children's amusement center, and sound & light shows. Shanghai's two new IMAX 3D cinemas are housed inside this complex. See Cinema Directory for details. 2000 Shiji Da Dao, by Dingxiang Lu, Pudong (6862 2000) RMB60, Tue-Sun 9am-5pm. webmaster@sstm.org.cn. www.sstm.org.cn. 上海科技馆 , 浦东世纪大道 2000 号 , 近丁香路 .

## Parks

**Century Park** Seven scenic areas, including oriental garden, wildlife zone and miniature golf course. 1001 Jinxiu Lu, by Minsheng Lu, Pudong (3876 0588) 7am-6pm. www.centurypark.com.cn. 世纪公园 , 浦东锦绣路 1001 号 , 近民生路 .

**Changfeng Park** 189 Daduhe Lu (6245 3270) 大渡河路 451 号 .

**Fuxing Park** 2 Gaolan Lu (5386 1069) Daily 6am-6pm. 复兴公园 , 皋兰路 2 号 .

**Gongqing Forest Park** BBQ area, leisure sections with fishing, horseback riding and boating. Last entry 4pm. 2000 Jungong Lu (6574 0586) Daily 5am-5pm. 共青森林公园 , 军工路 2000 号 .

**Guyi Garden** Ming dynasty garden with ancient buildings, waterside pavilions, long verandahs, winding waters, ancient trees, flowers and bamboo. 218 Huyi Gong Lu (5912 2225) RMB 12, Daily 6am-6pm. 古漪园 , 沪宜公路 218 号 .

**Jing'An Park** 1649 Nanjing Xi Lu (6248 3238) Free entry, 5am-7pm. 静安公园 , 南京西路 1649 号 .

**Lu Xun Park** Big entertainment section for children. 146 Dongjiangwan Lu, by Sichuan Lu (6540 0009) 6am-6pm. 鲁迅公园 , 东江湾路 146 号 , 近四川路 .

**Renmin Park** 231 Nanjing Xi Lu, by Huangpi Lu (6327 1694) 人民公园 , 南京西路 231 号 , 近黄陂路 .

**Shanghai Botanical Garden Park** 1111 Longwu Lu, by Baise Lu (5436 3369) RMB 15, free if under 1.2m, Daily 7am-5pm. 上海植物园 , 龙吴路 1111 号 , 近百色路 .

**Shanghai Wild Animal Park** 178 South Road, Nanhui, Pudong (5803 6000) RMB 90, Daily 8am-5pm. 上海野生动物园 , 浦东南汇南方公路 178 号

**Shanghai Zoo** 2381 Hongqiao Lu, by Hami Lu (6268 7775) RMB 30, Daily 6:30am-5:30pm. 上海动物园 , 虹桥路 2381 号 , 近哈密路

**Xiangyang Park** Bouncy things and little battery-operated cars to amuse the little troublemakers. 1008 Huaihai Zhong Lu, at Xiangyang Lu (5404 2208) Free entry, Daily 5am-7pm. 襄阳公园 , 淮海中路 1008 号 , 襄阳路口 .

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# SPORTS

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**Jae Hun Kim Taekwon-do Institute** Lane 108, Weifang Xi Lu, by Pudong Nan Lu (5877 1125) Mon-Fri: 11am-10pm, Sat,Sun: 9am-6pm, www.tkdshanghai.com 金载勳跆拳道场 , 潍坊西路 108 弄 , 近浦东南路 .

**Megafit** 1)1/F, 208 Baise Lu (5435 5318) 2)600 Lantian Lu, Pudong (5030 8118) 3)B3, 300 Huaihai Zhong Lu (5383 6633) Mon-Fri 6:30am-11pm, Sat-Sun 9am-9pm. www.megafitchina.com. 美格菲健身中心 1) 百色路 208 号 1 楼 2) 浦东新区蓝天路 600 号 3) 淮海中路 300 号香港新世界大厦 B3 层 .

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场 3 楼 , 淮海中路 282 号 .

## CINEMA

**Broadband International Cineplex** 6/F, Shanghai Time Square, 99 Huaihai Zhong Lu (6391 0363) 万裕国际影城 淮海中路 99 号上海时代广场 6 楼

**Cathay Theater** 870 Huaihai Zhong Lu, by Maoming Nan Lu (5404 0415) 国泰电影院 , 淮海中路 870 号 , 近茂名南路 .

**Century Hongqiao Cinema** 5/F, City Center, 100 Zunyi Lu, by Xianxia Lu (6237 2387) 虹桥世纪影城 , 遵义路 100 号虹桥上海城 5 楼 , 近仙霞路 .

**Cloud Nine Cinema** 9/F, Cloud Nine Shopping Mall, 1018 Changning Lu (5237 8276) 龙之梦影城 长宁路 1018 号龙之梦购物中心 9 楼

**Grand Cinema** 216 Nanjing Xi Lu, by Huanghe Lu (6327 4260) www.shdgm.com. 大光明电影院 , 南京西路 216 号 , 近黄河路 .

**Hengshan Cinema** 838 Hengshan Lu (6437 7418) 衡山电影院 , 衡山路 838 号 .

**IMAX 3D Cinemas** Inside Shanghai Science Museum 2000 Shiji Dadao, Shanghai Science and Technology Musuem, by Dingxiang Lu, Pudong (6862 2000) www.sstm.org.cn. 上海科技馆 3D 电影院 , 浦东世纪大道 2000 号上海科技馆内 , 近丁香路 .

**Kodak CinemaWorld** 5/F, Metro City, 1111 Zhaojiabang Lu, by Tianyaoqiao Lu (6426 8181) 柯达超级电影世界 , 肇家浜路 1111 号美罗城 5 楼 , 近天钥桥路 .

**Lan Sheng Cinema** 4/F, Lan Sheng Plaza, 8 Huaihai Zhong Lu (6319 0618) 兰生影城 , 淮海中路 8 号兰生大厦 4 楼

**Nextage Film Art Center** 10/F, Yaohan Department Store, 501 Zhangyang Lu, by Pudong Nan Lu, Pudong (5836 2988) 新世纪影城 , 浦东张杨路 501 号八佰伴商厦 10 楼 , 近浦东南路 .

**Paradise Warner Cinema City** 6/F, Grand Gateway, 1 Hongqiao Lu, by Huashan Lu (6407 6622) www.yonghuacinema.com. 永华电影城 , 虹桥路 1 号港汇广场 6 楼 , 近华山路 .

**Peace Cinema** 290 Xizang Zhong Lu, by Hankou Lu (6322 5252) www.shdgm.com. 和平影都 , 西藏中路 290 号 , 近汉口路 .

**Shanghai Film Art Center** 160 Xinhua Lu, by Fanyu Lu (6280 4088) www.filmcenter.com.cn. 上海影城 , 新华路 160 号 , 近番禺路 .

**Stellar Cinema** City 8/F, Super Brand Mall, 168 Lujiazui Lu (5049 5055) www.ixingmei.com 星美国际影城 , 陆家嘴路 168 号正大广场 8 楼

**Studio City** 10/F, Westgate Mall, 1038 Nanjing Xi Lu (6218 7109) www.studiocitychina.com 环艺电影城 南京西路 1038 号梅陇镇广场 10 楼

**UME Cineplex** 5/F, Xin Tian Di, No. 6, Lane 123 Xingye Lu (6373 3333) www.ume.com.cn UME 新天地国际影城 , 兴业路 123 弄 6 号 5 楼新天地内

**Wanda Cinema** 3/F, Wanda Plaze, 600 Handan Lu (5566 0926) www.wandafilm.com 万达国际影城 , 邯郸路 600 号万达广场 3 楼

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**Aeroflot Russian Airlines** Suite 203A, West Tower, Shanghai Centre, 1376 Nanjing Xi Lu (6279 8033) www.aeroflot.ru. 南京西路 1376 号上海商城西翼 522 室 .

**Air Canada** Rm 3901, United Plaza, 1468 Nanjing Xi Lu (6279 2999) www.aircanada.ca. 南京西路 1468 号中欣大厦 3901 室 . 周一 ~ 周五 9:00~17:30

**Air France** Rm 3901, Ciro's Plaza, 388 Nanjing Xi Lu (4008 808 808(local call charge)) www.airfrance.com.cn. 南京西路 388 号仙乐斯广场 3901 室 .

**Air India** Rm 1008 Shanghai Kerry Center, 1515 Nanjing Xi Lu (5298 5698) www.airindia.com. 南京西路 1515 号上海嘉里中心 1008 室 .

**Air Macau** Rm 104, Hotel Equatorial, 65 Yan'an Xi Lu (6248 1110) www.airmacau.com. 延安西路 65 号上海国际贵都大饭店 806 室 . 周一到周五 9:00~18:00

**Air New Zealand** Rm 1208-1209, 12/F CITIC Square, 1168 Nanjing Xi Lu (2325 3333) www.airnewzealand.com.cn. 南京西路 1168 号中信泰富广场 12 楼 1208-1209 室 .

**A-Jin Flight Centre** (6211 6113) jinhang_wmy@yahoo.com.cn.

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**All Nippon Airways** 2/F, East Tower, Shanghai Centre, 1376 Nanjing Xi Lu (800 820 1122) www.anaskyweb.com. 延安西路 1376 号上海商城东翼 2 楼 .

**American Airlines** Rm702, 227 Huangpi Bei Lu (6375 8686) www.aa.com.

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**Finnair** Rm 2406, Citic Square, 1168 Nanjing Xi Lu (5292 9400) www.finnair.com. 南京西路 1168 号中信泰富广场 702 室 .

**Japan Airlines** Rm 435, Plaza 66, 1266 Nanjing Xi Lu (6288 3000) 南京西路 1266 号恒隆广场 435 室 .

**KLM Airlines** Rm 3901A, Ciro's Plaza, 388 Nanjing Xi Lu (4008 808 222) www.klm.com.cn. 南京西路 388 号仙乐斯广场 3901A 室 .

**Korean Air** 1/F, Yangtze New World Hotel, 2099 Yan'an Xi Lu (400 6588 888) www.koreanair.com. 延安西路 2099 号上海扬子江万丽大酒店 1 楼 . 长宁区

**Lufthansa German Airlines** Unit 14-21, 3/F. Building 1, Corporate Avenue, 222 Hubin Lu (5352 4999) shanghai-lh@dlh.de. www.lufthansa.com.cn. 湖滨路 222 号企业天地 1 号楼 3 楼 14-21 单元 .

**Malaysia Airlines** Rm 560, Shanghai Centre, 1376 Nanjing Xi Lu (6279 8607) www.malaysiaairlines.com.my. 南京西路 1376 号上海商城 560 室 .

**Northwest Airlines** Rm 207, West Wing, Shanghai Center, 1376 Nanjing Xi Lu (40081-40081) www.nwa.com. 南京西路 1376 号上海商城西翼 207 室 .

**Philippine Airlines** Unit 735A, Shanghai Centre, 1376 Nanjing Xi Lu (6279 8765) 9:00~17:00 南京西路 1376 号上海商城 735A 单元 .

**Qantas** Rm 3202, KWAH Center, 1010 Huaihai Zhong Lu (800 819 0089) 淮海中路 1010 号 3202 室 . 周一 ~ 周五 9:00~17:00

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**Royal Nepal Airlines** Rm 405, Building B, 1 Wanhangdu Lu (3214 0717) www.royalnepal.com. 万航渡路 1 号 B 座 405 室 .

**Scandinavian Airlines** Rm 3901, Nan Zheng Building, 580 Nanjing Xi Lu (5228 5001) 南京西路 580 号 3901 室 .

**Singapore Airlines** Rm 606, Kerry Centre, 1515 Nanjing Xi Lu (6289 1000) www.singaporeair.com. 南京西路 1515 号嘉里中心 606 室 .

**Swiss Airlines** Rm 314A, Building One, Corporate Avenue, 222 Huibin Lu (6218 6810) swiss@uninet.com.cn. 湖滨路 222 号企业天地 1 号楼 3 楼 314A 单元 .

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**JT Kids Party** Rm 2004, Bldg 2, Lane 188, DuJuan Lu, Pudong (5169 2146) www.kidsparty.cn 杜鹃路 188 弄 2 号楼 2004 室 .

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## ART

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**Garden Books** 325 Changle Lu, by Shaanxi Nan Lu (5404 8729) 10am-10pm. chochobook@yahoo.com.cn. www.gardenbooks.cn. 韬奋西文书局 , 长乐路 325 号 , 近陕西南路 .

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## Accommodation

**Ascott Huai Hai Road Shanghai** is located in the most prestigious commercial area of Shanghai. It is just a short walk from the famous Xintiandi, the city's premier lifestyle and entertainment hub with a myriad of restaurants, cafés, bars and boutiques. No 282 Huaihai Zhong Lu, Luwan District, Shanghai 200021, China (Reservations Telephone 400 820 1028 (local toll- free), 86 512 6763 1020; Reservations Facsimile 86 512 6763 1022) GDS Chain Code UZ enquiry.china@the-ascott.com. 上海市卢湾区淮海中路 282 号 .

**Central Residences II** sits on the Huashan Lu,offers 2 to 4 bedrooms and penthouse service apartments, with sizes ranging from approximately 135 square meters to 580 square meters. With warm colors, subtle textures and spacious floor plans creating a feeling of cozy simplicity, this luxurious develop ment brings quality to life at every turn. The five star health club provides indoor swimming pool, tennis and squash courts, sauna and jacuzzi facilities for your rejuvenation, while the 24 hour on-call security service and full-time concierge ensure you privacy and peace of mind. For details, please call leasing department at 6226 6633 or inquiry@kerryprops.com.cn. 上海市华山路 1038 弄 .

**Citadines Shanghai Biyun** Lane 450 Hongfeng Lu, Jinqiao Export Processing Zone, Pudong, Shanghai 201206, China (Reservations Telephone 400 820 1028 (local toll-free), 86 512 6763 1020; Reservations Facsimile 86 512 6763 1022) (Telephone 86 21 3860 2288; Facsimile 86 21 3860 2000) GDS Chain Code UZ enquiry.china@the-ascott.com. www.citadines.com. 上海市浦东新区金桥加工区红枫路 450 号 .

**Citadines Shanghai Jinqiao** 55 Beijing Xi Lu, Huangpu District, Shanghai 200003, China Reservations Telephone 400 820 1028 (local toll-free) (86-512) 6763 1020 Reservations Facsimile (86-512) 6763 1022 Telephone (86-21) 2308 6666 Facsimile (86-21) 2308 6688 GDS Chain Code UZ Email enquiry.china@the-ascott.com. Website: www.citadines.com

**Fraser Residence** Each of the 272 residences features a balcony from where you can enjoy unparalleled city views. When the excitement that characterises vivacious Shanghai gets too much to bear, return to the cosy comfort offered by Fraser Residence Shanghai. With designer decor, innovative lifestyle concepts and plush furnishings, you know you have picked the right home for you and your family. 98 Shouning Lu, Shanghai, 200021 P. R. China Reservation Hotline/ Toll Free: 800 820 2988 sales.frshanghai@frasershospitality.com. www.frasershospitality.com.

**Fraser Suites Top Glory** Shanghai is situated in the bustling Lujiazui CBD financial district along the romantic Huangpu River offering unrivalled luxury living with a spell-binding panoramic view of the Bund and the city. Each of the 317 lavishly-fitted suites - three-bedroom (including study), three-bedroom (with separate study), and four-bedroom - offers mesmerizing views of The Bund and city complemented with chic and contemporary interiors for a truly enriching home experience in style. No.1, Lane 600 Central Yincheng Lu, Lujiazui, Pudong New District, Shanghai (6378 8888) sales.fsshanghai@frasershospitality.com. 上海市浦东新区陆家嘴银城中路 600 弄 1 号 .

**Lanson Place Jin Qiao Residences** Lanson Place Jin Qiao Residences is in the vibrant Pudong New District. The one- and two-bedroom homes are close to expatriate communities, international schools and European supermarkets. With each residence furnished in a comfortable residential style, with a fully, fitted kitchen, an entertainment centre and high speed internet connections. Right next to the property is a landscaped garden over. 10,000sqm and a complex of shopping, restaurants and recreational facilities. No 18, Lane 399 Zaozhuang Lu, Pudong New District, Shanghai 200136, China (Tel: (86) 21 5013 3592 Fax: (86) 21 5013 9441) enquiry.lpjq@lansonplace.com. www.lansonplace.com.

**Modena Putuo Shanghai** Ideally situated in the heart of Zhenru City (Shanghai), Modena Putuo Shanghai redefines urban living with a refreshing twist. Within walking distance to Metro Station Line 7 and only 10 minutes away from Shanghai Train Station, inter-city travelers now enjoy greater ease of travel. Amenities are a stone's throw away. Modena Putuo Shanghai is also a part of the City Economic Polymer, a massive complex comprising of two blocks of Grade A office buildings, a large shopping mall and residential towers. The 348 stylish loft-style residences, ranging from studio to two-bedroom options, are designed and fitted with modern furnishings, wireless internet access, offering a convenient lifestyle suitable for the road warriors. 021-6147 8888 , China sales.putuoshanghai@modenaresidence.com www.modenaresidence.com No.1 Lane 58, Tong chuan Road, Putuo District, Shanghai 200333

**Oakwood Residence Shanghai** The newly opened Oakwood Residence Shanghai is located in Wuning Lu, amidst a mixed use development housing a shopping mall and an office tower. The 112 well appointed studio, 1, 2 and 3 bedroom apartments are ideal for both short and long term stays. Contemporary furniture, comprehensive entertainment system with LCD TV , DVD player and stereo system, in-room safe, fully equipped kitchen with electric stove, refrigerator, toaster, coffeemaker, microwave oven, complete set of crockery, cutlery and cooking utensils, and a washing machine and dryer in every apartment, are just some of the things to make your stay more comfortable. 103 Wuning Lu, Putuo District Shanghai 200063 China (Tel 86-21 6183 0830, Fax 86-21 6183 0888) resshanghai@oakwoodasia.com. www.oakwoodasia.com.

**Royal Pavilion**, located in the most prestigious residential area, is one of the furnished and serviced apartments in heart of Shanghai. Elite educational institutes, consulates and CBD are also in close proximity. Many top executives of Fortune 500 corporations and consulates have already moved in. Both towers provide 3 to 4 bedrooms and duplex living room, with sizes ranging from approximately 213sq. m to 458 sq.m. Our flats are also available for short lease (minimum 30 days) which is a special program for expo 2010. Besides we give you exclusive membership into a first-class sporting and recreational activities. 688 Huashan Lu, Jingan District, Shanghai (Leasing Hotline 86 21 62263316*218, 62499878; Facsimile 86 21 62497567) leasing@royalpavilion-shanghai.com. www.royalpavilion-shanghai.com, www.华山公寓 .com. 上海市静安区华山路 688 号 .

**Somerset XuHui, Shanghai** No 888 Shanxi Nan Lu, Xu Hui District, Shanghai 200031, China (Reservations Telephone 400 820 1028 (local toll-free), 86 512 6763 1020; Reservations Facsimile 86 512 6763 1022) (Telephone 86 21 6466 0888; Facsimile 86 21 6466 4646) GDS Chain Code UZ enquiry.china@the-ascott.com. www.somerset.com. 上海市徐汇区陕西南路 888 号 .

## MOVING + SHIPPING

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## RESTAURANTS

### Asian

**Bali Laguna** Delicious vegetarian-friendly Indonesian cuisine and a romantic setting. www.balilaguna.com. 189 Huashan Lu, inside Jing'an Park (6248 6970) Daily 11am-12.30am. 华山路 189 号 ( 静安公园内 )

**Coconut Paradise** Housed in an elegant French house with two floors, a garden and a separate bar annex. www.lostheaven.com.cn/main.html coconutparadise38@gmail.com 38 Fumin Lu, by Yan'an Zhong Lu (6248 1998) 5pm-10:20pm 富民路 38 号 , 近巨鹿路

**Gintei Teppanyaki Sushi** All you can eat hibachi-style cooking and boatloads of cheap sushi. One of the better teppanyaki joints in town. 75 Nanhui Lu, by Beijing Xi Lu (6218 1932) Daily 11.30am-2pm, 5.30-10.30pm. 南汇路 75 号 , 近北京西路

**Haiku by Hatsune** A perennial Readers' Choice Award winner. This wildly popular restaurant is best known for it's Cali-style sushi. 28B Taojiang Lu, by Hengshan Lu (6445 0021) Sun-Thu 11.30am-2pm, 5.30pm-10pm; Fri-Sat 11.30am-2pm; 5;30pm-

11pm. 桃江路 28 号乙 , 近衡山路

**Lapis Thai** Expect a romantic, dimly lit,tropical setting, and unique Thai style cuisine. 1)3F, No. 19, Lane 199 Fangdian Lu, inside Thumb Plaza, by Ding Xiang Lu (5033 9223) Daiy 11.30am- 2.30pm; 6-10pm 2)285 Hunan Lu, by Gaoyou Lu (5466 3026) Daily 11.30am-2.30pm; 6-10pm 3)No. 14, Lane 248 Taikang Lu, by Ruijin Er Lu (6473 3989) Daily 11.30am-2.30pm; 6-10pm. 1) 芳甸路 199 号 19 号 3 楼 , 大拇指广场 , 近丁香路 2) 湖南路 285 号 , 近高邮路 3) 泰康路 248 弄 14 号 , 近瑞金二路

**Nepali Kitchen** Still the friendliest service this side of Kathmandu. Enjoy authentic food delivered with the necessary spicy punch in a pleasant atmosphere. 4 Lane 819 Julu Lu, by Fumin Lu (5404 6281) Mon 6-11pm; Tues-Sun 11am-2pm, 6-11pm 巨鹿路 819 弄 4 号 , 近富民路

**Ooedo** High quality sushi and sashimi in a lovely surrounding. Book on weekends, this place is usually packed. 30 Donghu Lu, by Huaihai Zhong Lu (5403 5877) Daily 11.30am-2pm, 5.30-11pm. 东湖路 30 号 , 近淮海中路

**Punjabi** Indian restaurant best known for its bargain buffet spread of all-you-can-eat curries, kormas, koftas and dals. 1)201, 3215 Hongmei Lu, by Hongsong Dong Lu (6401 8989) Daily 10am-11pm 2)5F, 627- 635 Huaihai Zhong Lu, by Sinan Lu (6472 5464) Daily 11am-11.30pm 3)Shop 102, Expo Plaza, 1079 Meihua Lu, by Fangdian Lu (6075 1970) Daily 11am-11.30pm 4)N3, No 12-20, Peace Square, Shuicheng Lu, by Hongqiao Lu (6278 8626) Daily 11am-11.30pm. 1) 虹梅路 3215 弄 201 号 , 近虹淞东路 2) 淮海中路 627-635 号 5 楼 , 近思南路 3) 浦东新区梅花路 1079 号博览会广场 102 号商铺 , 近芳甸路 4) 水城路 12-20 号和平广场 N3 室 , 近虹桥路

**Shari** New Japanese cuisine served with flair, plus a lovely outdoor courtyard. 630 Yongjia Lu, by Wulumuqi Lu (5466 0320) Daily 5pm-2am. 永嘉路 630 号 , 近乌鲁木齐路

**Simply Thai** A perennial favorite in the expat community for its classic Thai entrees and innovative cocktails. Orders of RMB50 or more get free delivery within a certain range. www.simplythai-sh.com enquiry@simplythai-sh.com 1)5c Dongping Lu, near Hengshan Lu (400 880 7729) Daily 11am-11pm 2)28 Hongmei Entertainment Street, Lane 3338 Hongmei Lu (400 880 7729) Daily 11am-11pm 3)4/F, Shanghai IFC Mall 8 Century Avenue (400 880 7729) Daily 10am-10pm 4)A6, Jinqiao Pudong Green Sports & Leisure Center, 600 Lan Tian Lu, (400 880 7729) Daily 11am-11pm 5)Xintiandi North Block, Lane 181 Taicang Lu, near Madang Lu (400 880 7729) Daily 11am-12am 1) 徐汇区东平路 5 号 C 座 ( 近岳阳路 ) 2) 闵行区虹梅路 3338 弄虹梅休闲街 28 号 ( 近延安西路 ) 3) 世纪大道 8 号 , 上海国金中心四层 4) 蓝天路 600 号金桥浦东碧云体育休闲中心 A6 近碧云路 , 地铁 4 号线龙阳路站 5) 卢湾区马当路 159 号 ( 近太仓路 )

**Tandoor** Shanghai's first, and arguably one of the best, Indian eateries features dance performances, first-class service, great classic curries and tasty tandoori meats. Jin Jiang Hotel, 59 Maoming Nan Lu, by Changle Lu (6472 5494, 6258 2582*9371) Daily 11.30am-2pm, 5.30- 10.30pm. 茂名南路 59 号 , 锦江饭店 , 近长乐路

## Cafes

**Baker & Spice** 1/F, 195 Anfu Lu (5404 2733) 7am-9pm 安福路 195 号 1 楼

**Kommune** This bohemian cafe decorated with Maoist kitsch, draws an artsy crowd for weekend brunches and evening drinks. Try their Swedish meatballs. Seriously. Allcards info@kommune.me The yard, Building 7, Lan210 Taikang Lu, by Sinan Lu (6466 2416) Sun-Thurs 7:30am-12am, Fri-Sat 7:30am-1am 卢湾区泰康路 210 弄 7 号四合院田子坊内 ( 近瑞金二路 ), 近思南路

**Wagas** A Shanghai fixture and a regular winner of our Readers' Choice Awards, this trendy cafe serves reliable, wholesome dishes and coffee beverages. LG11A, Citic Square, 1168 Nanjing Xi Lu, by Shaanxi Bei Lu (5292 5228) Daily 7am-10pm. All cards. For more venues : http://www.wagas.com.cn/ 沃歌斯 , 南京西路 1168 号 , 中信泰福广场地下一层 11A, 近陕西北路 .

## Chinese

**1221** A consistent contender for our Readers' Choice Best Shanghainese Award. This tucked-away restaurant has a die-hard laowai following. 1221 Yan'an Xi Lu, by Panyu Lu (6213 6585, 6213 2441) Daily 11am-2pm, 5-11pm 长宁区延安西路 1221 号

**Di Shui Dong** Di Shui Dong is a favorite among the expat crowd, which should tell you something about the authenticity of the food. Expect adequate dishes with toned down spice. 1)5 Dong Ping Lu, by Hengshan Lu (6415 9448) Daily 11:30am-11:30pm 2)2/F, 56 Maoming Nan Lu, by Changle Lu (6253 2689) Daily 10am-12pm 3)626 Xianxia Lu, by Shuicheng Lu (3207 0213) Daily 10am-3am 1) 东平路 5 号 , 近衡山路 2) 茂名南路 56 号 2 楼 , 近长乐路 3) 仙霞路 626 号 , 近水城路

**Din Tai Fung** This restaurant is renowned throughout Asia for their soup dumplings. They have traditional pork-stuffed, but you may as well try the ones with truffle. 1)1/F, Peace Square, 18 Shuicheng Lu, by Hongqiao Lu (6208 4188) Daily 11am-2.45pm, 5-11pm. All cards. 2)3F, MIXC, 701Fuchun Lu, Hangzhou 3)Unit 201, 2/F Dragon Gate Mall, 168 Fangbang Zhong Lu, by Sanpai Lou Lu (6334 1008) Daily 9am-10pm. All cards. 4) Unit 24, 3F, Super Brand Mall, 168 Lujiazui Xi Lu (5047 8882) Daily 11am-10pm. 5)Unit 318, 3/F Shanghai World Financial Center, 100 Century Avenue, Pudong 6)Xintiandi, No 11A, 2/F, 123 Xingye Lu (6385 8378) Daily 10am-1am. All cards. 鼎泰丰 , 1) 水城路 12-20 号和平广场 1 楼 , 近虹桥路 .2) 杭州市富春路 701 号 3 楼 .3) 方浜中路 168 号豫龙坊 2 楼 201 单元 , 近三牌楼路 .4) 陆家嘴西路 168 号正大广场 3F24 室 .5) 世纪大道 100 号 3 楼 317 单元 , 近 .6) 新天地 , 兴业路 123 号 2 楼 11A 室 .

**Gu Yi** Unlike other ramshackle Hunan restaurants around town, the decor at Gu Yi is almost as tasteful as the fiery fare. Beware, this orgy of flavors is not for the faint of heart. 1)87 Fumin Lu, by Julu Lu (6249 5628) Daily 11:30am-11:30pm 2)8F, 1618 Nanjing Xi Lu, by Huashan Lu (6232 8377) Daily 11:30am-12am 1) 富民路 87 号 , 近巨鹿路 2) 南京西路 1618 号 8 楼 , 近华山路

**Lost Heaven** Upscale Yunnanese restaurant with a cool ambiance and refined dishes. 1)17 Yan'an Dong Lu, by Sichuan Nan Lu (6330 0967) Daily 12-2pm, 5pm-1am (last order at 10.30pm) All cards. 2)38 Gaoyou Lu, by Fuxing Xi Lu (6433 5126) Daily 11.30am-2pm, 5.30pm-10.30mn. All cards. 1) 延安东路 17 号 , 近四川南路 .2) 高邮路 38 号 , 近复兴西路 .

**Pin Chuan** Pin Chuan prides itself on serving Sichuanese dishes that are low on oil and high on taste. This is high-end, accessible spicy food - they even have a wine list. 1)5/F, Plaza 66, 1266 Nanjing Xi Lu (400 820 7706) Daily 10.30am-10pm 2)47 Taojiang Lu, by Wulumuqi Nan Lu (400 820 7706) Daily 11am- 2pm, 5-11pm 1) 静安区南京西路 1266 号恒隆广场 5 楼 ( 南京西路陕西北路 ) 2) 徐汇区桃江路 47 号 , 近乌鲁木齐南路

**Sichuan Citizen** The people who brought you Citizen Cafe and Bar have gone native with this Sichuan eatery. Here you'll find all the classics amply spiced and served in bamboo-clad dining room. 30 Donghu Lu, by Huaihai Zhong Lu (5404 1235) Daily 11am-10.30pm. 东湖路 30 号 , 近淮海中路

**The Chinoise Story** A unique restaurant featuring radically fused cooking styles. Lovely space. Expect classic Chinese dishes served in individual portions rather than family style. GF, Cathay Building, Jin Jiang Hotel, 59 Maoming Nan Lu (6445 1717) 11am-2:30pm, 6pm-10:30pm 茂名南路 59 号锦江饭店北楼底层 , 近长乐路

**Xin Ji Shi** A restaurant with a nice atmosphere and matching service, offering a traditional yet creative menu. 1)91 Huangjin Cheng Dao, by Songyuan Lu (6219 5443) Daily 11am-2pm, 5pm-9:30pm 2)2/F, 166 Lujiazui Dong Lu, by Pudong Nan Lu (6841 9719) Daily 10am-10pm 3)No. 2, Lane 181 Taicang Lu, by Huangpi Lu (6336 4746) Daily 11am-2pm, 5pm-9:30pm 4)28 Taojiang Lu, by Hengshan Lu (6445 0068) Daily 11am-11pm 5)41 Tianping Lu, by Huaihai Zhong Lu (6282 9260) Daily 11am-12am 1) 黄金城道 91 号 , 近宋园路 2) 陆家嘴东路 166 号 2 楼 , 近浦东南路 3) 太仓路 181 弄 2 号 , 近黄陂路 4) 桃江路 28 号 , 近衡山路 5) 天平路 41 号 , 近淮海中路

## Deli Shops

**Baker&Spice** Excellent fresh-baked pastries and spot-on baguettes. Brought to you from the makers of Wagas. www.wagas.com.cn 1)195 Anfu Lu, by Wulumuqi Lu (5404 2733) Daily 7am- 10.30pm. 2)Unit 118, 1/F, Shanghai Center, 1376 Nanjing Xi Lu by Xikang Lu (6289 8875) 1) 安福路 195 号 , 近乌鲁木齐路 2) 南京西路 1376 号上海商城 1 楼 118 单元近西康路

**Cheese & Fizz** Offers an excellent selection of cheese and French wine. Light French main courses are also available. 1)Unit 101, 119 Madang Lu, North Block Xintiandi, by Taicang Lu (6336 5823) Daily 10am-midnight. 1) 马当路 119 号 101 单元 , 新天地北里 , 近太仓路

**City Deli** City Deli serves a variety of sandwiches, burgers, and salads including Steak & Cheese, Reuben, and Turkey Avocado. www.citydeli.cn 6/F, Golden Eagle Mall, 278 Shanxi Bei Lu by Nanjing Xi Lu (6288 3912) Daily 11am-9pm 陕西北路 278 号 6 楼 , 近南京西路

**Epicvre** Wines and spirits imported from France, delicious imported jams and marmalades all make it worth a visit to this gourmet shop/wine bar. 98 Xinle Lu,by Xiangyang Lu (5404 7719) Daily 10am- 11pm 新乐路 98 号 , 近襄阳路

**Feidan** Reasonably priced western grocery where you can grab groceries, bread, beer and wine. Keep an eye out for specials. They also deliver. www.feidanfood.com 1)153 Anfu Lu, by Wulumuqi Lu (5403 6991) Daily 8am-10pm. 2)382-1 Dagu Lu, by Chengdu Bei Lu (6340 0547) Daily 9.30am-10pm 3)283 Jianguo Xi Lu, by Jiashan Lu (6473 3194) Daily 9am-10pm. 4)332 Jinyan Lu, inside Shanghai Lujiazui Center Palace (5059 3723) Daily 9.30am–10pm. 1) 安福路 153 号 , 近乌鲁木齐路 2) 大沽路 382-1 号 , 近成都北路 3) 建国西路 283 号 , 近嘉善路 4) 锦延路 332 号 , 陆家嘴中央公寓

**Gourmet** High class sweets and other baked goodies. Pudong Shangri-La Hotel, Level 1, Tower 2, 33 Fu Cheng Lu, by Yincheng Lu (5888 2957) Daily 7.30am-8pm. 富城路 33 号 2 号楼 1 楼 , 近银城东路 , 香格里拉酒店

**New York City Deli** See Delivery section. www.citydeli.cn 1)614 Miaopu Lu, by Lingshan Lu (5018 5012) Daily 10.30am-9.30pm. 2)103 Fujian Nan Lu, by Jinling Dong Lu (6326 2835) Daily 10.30am-9.30pm. 1) 苗圃路 614 号近灵山路 2) 福建南路 103 号 ,

近金陵东路

**Slice** This up-market deli/cafe specializes in sandwiches and salads with Mediterranean flare. 1)1)688 Bi Yun Lu, by Lan An Lu, Pudong (3382 0653) Mon-Sat 8am-10pm; Sun 9am-10pm. 2)1517 Huqingping Gong Lu, by Zhuguang Lu (5988 7007) 9am-9:30pm 1) 浦东新区碧云路 688 号 , 近蓝桉路 . 2) 沪青平公路 1517 号近诸光路

## Delivery

**City Deli** City Deli serves a variety of sandwiches, burgers, and salads including Steak & Cheese, Reuben, and Turkey Avocado. www.citydeli.cn 6/F, Golden Eagle Mall, 278 Shanxi Bei Lu by Nanjing Xi Lu (6288 3912) Daily 11am-9pm 陕西北路 278 号 6 楼 , 近南京西路

**Element Fresh** (5116 9887). Daily 7am-10pm. Order.elementfresh.com

**Elders Fine Foods** An Aussie importer specializing in quality meats, fresh seafood and fine wines from the land down under. www.elders.com.cn Building 9, 550 Jinhai Lu, by Donghu Lu, Jinqiao Industrial Park (3872 0368) Daily 9am-6pm. 金桥工业区金海路 550 号 9 幢

**iiiit!** This casual cafe does great sandwiches,salads, pizzas and smoothies. We love their fast delivery. www.iiiit.cn mel_gm@live.com 1)1/F 500 Guangdong Lu (6362 0567) Mon-Fri 8am-9pm 2)99 Wulumuqi Zhong Lu (5404 2837) 8am-9pm 1) 广东路 500 号世界贸易大厦 1 楼 2) 乌鲁木齐中路 99 号

**Mealbay** Thanks to the company's wide variety of participating restaurants, you can order cuisine that's French or from the Philippines. Online service available. www.mealbay.com.cn N/A (5158 0168) Daily 10.30am-11.30pm.N/A

**Mi Tierra** Homemade fresh Mexican food products delivered within 24 hours. www.tierramex.com.cn www.tierramex.com.cn (6225 7639) Mon-Fri 5-10.30pm, Sat-Sun 11am-10.30pmwww.tierramex.com.cn

## Pizza

**California Pizza Kitchen** Straight from America's shopping mall to Shangers. This chain-restaurant has all the classic pizza, pasta and salad favorites, plus some more Asian oriented offerings. www.cpk.com.cn/home_en.html 2/F, Bldg. 3, Lane 507, Sinan Mansions, Fuxing Zhong Lu, near Sinan Lu (021 5465 4800) Daily 11am-11pm. 卢湾区思南路 55 号思南公馆 3 号 2 楼 ( 近复兴中路 )

**Melrose Pizza** A delightful pizza chain that can be accessed all over Shanghai. 1) No.2299 Yan An Rd. W. , Shanghai Mart 2) No. 120 Hong Gu Rd. 3) No.207-5 Mao Ming Rd. South 4) No. 1180, Beijing Rd. W. 5) No.141, Chengdu Rd. N. 6) No.218 Wusong Rd. BM tower 7) B.15, No. 999, Changshou Rd., Badminton Hall in Da An Garden 8) No. 400, Pudian Rd. Pudong 9) No.33, Zhe Qiao Rd. Jinqiao Pudong 1) 世贸商城延安西路 2299 号 2) 虹古路 120 号 3) 茂名南路 207-5 4) 北京西路 1180 号近陕西路口 5) 成都北路 141 号 6) 吴淞路 218 号宝矿大厦 7) 长寿路 999 号 15 栋羽毛球馆 8) 浦东浦电路 400 号 9) 浦东浙桥路 33 号 7/24, Free Delivery 400-88-PIZZA (74992); 800-620-9797

**New York Style Pizza** The best NYC style pizza in Shanghai. Think big, thin crust pizzas loaded down with toppings. Well priced, and can be sold by the slice. 1)336 Hongfeng Lu, by Biyun Lu (3872 6606) Daily 10.30am-10.30pm. 2)Shop J16, 1699 Nanjing Xi Lu, by Huashan Lu (6247 2265) Daily 11.30am- 10.30pm. 3)Rm. 150, 1138 Pudong Nan Lu (3868 2738) Daily 10.30am-10.30pm. 4)No. 23, Lane 248 Taikang Lu, by Ruijin Er Lu (6247 2265) Daily 9.30am-10.30pm. 1) 浦东金桥红枫路 336 号 , 近碧云路 2) 南京西路 1699 号静安寺广场 J16, 地铁 2 号线 5 出口 3) 浦东南路 1138 号 150 室 4) 太康路 248 弄 23 号甲

**Pizza Marzano** An international chain featuring classic, Italian-style thin crust pizzas topped with fresh, quality ingredients. www.pizzamarzano.com info@pizzamarzano.com 1)Xintiandi South Block, 380 Huangpi Nan Lu (5383 3999) Daily 11am-11.30pm. 2)Suite 107, Shanghai Center,1376 Nanjing Xi Lu (6289 8733) 1) 黄陂南路 380 号 , 新天地南面 2) 南京西路 1376 号上海商城西峰 107 号

## Sunday Brunch

**Andaz Shanghai** a Hyatt Hotel is located in Xintiandi with 307 guest rooms and suites. Sunday brunch at Hai Pai restaurant starts with a visit to an appetizer buffet of fresh seafood chilled on ice, beef tartar, charcuterie, foie gras terrine, and more. For hot dishes, you can choose from the à la carte brunch menu for omelettes, eggs Benedict, seafood gratin, shrimp, spicy cod, spicy Sichuan chicken, pan-fried veal tenderloin and lobster risotto. After that, a trip to the dessert buffet for éclairs, crème brulée, chocolate cake, seasonal fruits, and more. 288rmb+15% per person. For brunch plus free-flow Perrier Jouet champagne, 588rmb+15% per person. Children 6-12 years old, 144rmb+15%. Every Sunday from 1130 am to 3 pm. Level 1, Hai Pai Restaurant Andaz Shanghai, 88 Songshan Road (2310 1700) www.andazshanghai.com 嵩山路 88 号上海安达仕酒店一楼海派餐厅

**Azur Restaurant** Seafood Sunday Brunch features traditional Mediterranean-style offerings and South East Asian dishes. It includes fish, seafood, meat, pizza, vegetarian and any traditional tastes, as well as Chinese BBQ Station, Chinese traditional seafood hot dishes, and Japanese Sushi & Sashimi Station. The buffet costs RMB 288++ per person include unlimited Prosecco Sparkling Wine, juices and soft drinks. Every Sunday 12:00pm-2:30pm. 26/F, Renaissance Shanghai Zhongshan Park Hotel, 1018 Changning Lu (6115 8818). 长宁路 1018 号上海龙之梦万丽酒店 26 楼 .

**Cachet** A wide selection of international and Asian cuisine is available at Cachet's live cooking stations. In addition, Chef Albert prepares his Spanish specialty dishes such as paella, tapas and tortillas served family style. Indoor and outdoor seating is available. RMB350 includes free-flow soft drinks and juice, RMB480 includes sangria and premium wines, RMB580 gets you everything plus free-flow Laurent Perrier Champagne. 11:30am-2:30pm. The Langham, Xintiandi, Shanghai, 99 Madang Lu (2330 2288). 凯旋 , 上海市新天地马当路 99 号上海新天地朗廷酒店内 .

**Café 1188** The Sunday Brunch features seafood, carvery, global food, grill and dessert showcase, set in interactive open show kitchen and 1930s historical villas with indoor and outdoor dining. RMB298 including soft drinks, RMB398 including soft drinks, beer, wine and sparkling wine, RMB498 including soft drinks, beer, wine and champagne. Prices exclude 15% service charge. Children 4-12 years old will get 50% discount on the prices, children under 4 years old eat free. 11:30am–3:00pm. Lobby level, InterContinental Shanghai Expo, 1188 Xueye Lu, Pudong (3858 1188). 浦东雪野路 1188 号上海世博洲际酒店 1 楼 .

**Dining Room** From live Boston Lobster to foie gras and many other delicacies made to order, Lobster Brunch has something luxurious for everyone. RMB 580 per person and only an extra RMB 300 to include free-flow Perrier Jouet Champagne. Served from 11:30am onwards every Sunday. All prices are subject to 16% service charge. 87/F, Park Hyatt Shanghai, 100 Century Avenue (6888 1234 ext. 4335) www.parkhyattshanghai.com. 上海浦东新区世纪大道 100 号上海柏悦酒店 87 楼 .

**Essence** stages a brunch festival of great food choices, fine wines, Champagne, children's activities and entertainment. RMB 298 per person, plus RMB 100 for free flowing champagne, wines and beer. Children under 6 - free. Children between 6 and 12 - half price. All prices are subject to 15% service charge. 1/F, Tower 2, Hilton Shanghai Hongqiao, 1116 Hongsong Dong Lu (3323 6571). 元 , 红松东路 1116 号虹桥元一希尔顿酒店 2 座 1 楼 .

**Eton Café** Live entertainment, magic show and folk artists complement Tempura station, sashimi and sushi, free flow wine and soft drink. Meat and seafood are freshly selected daily from the market. Sunday Brunch Buffet Feast free or half price for kids RMB 228 + 15% service charge per person including free flow of wine, beer and soft drink, RMB 298 + 15% service charge per person including free flow of Champagne and soft drink. Every Sunday 11:00am-15:00pm. 3/F, The Eton Hotel Shanghai, 535 Pudong Avenue, Pudong New Area (3878 9888 ext. 6330). 裕景咖啡厅 , 浦东新区浦东大道 535 号上海裕景大饭店 3 楼 .

**Feast Restaurant** Sunday Family Brunch features eight food stations which include cold counter -- salads, cold appetizers, fresh seafood bar, sushi & sashimi; hot counter; soups, breads, & cheeses counter; pastas & wood fired pizzas counter; noodle & dim sum counter; BBQ counter -- grilled meats & seafood; desserts counter and bar counter. RMB 298 – RMB 498 net per person inclusive of assorted beverages and special price for children who are 4-12 years old (RMB150 net per person) and no charge for children under 3. Every Sunday 11:30am-14:30pm. 1/F, Sheraton Shanghai Hotel & Residences Pudong, 38 Pujian Lu (5089 9999 ext. 2240). 盛宴西餐厅 , 浦建路 38 号上海浦东喜来登由由酒店及公寓 1 楼 .

**Holiday Inn Shanghai West** Offers sumptuous seafood, sizzling BBQ, varieties of hot dishes, mouthwatering desserts every Sunday. RMB198 net with free-flow of soft drinks and local beer (Exclusive of wine and champagne), free for kids 0-6 years old, half price for 7-12 years old. Every Sunday 11:00am-14:30pm. 2000 Huqingping Lu, Qingpu (3973 8288). 上海西郊假日酒店 , 沪青平公路 2000 号 .

**Jade on 36** All the brunch creations are made with fresh seasonal produce and premium ingredients. Guests can also enjoy an unlimited flow of Moet et Chandon champagne, red and white wines, frozen fruit flavoured margaritas and lime daiquiris, imported beer, juices and mocktails. RMB638 + 15% service charge per person. Every Sunday 11:30am-3pm. Pudong Shangri-La, Shanghai, 33 Fucheng Lu (6882 8888 ext. 6888) fbreservation.slpu@shangri-la.com. 上海浦东富城路 33 号上海浦东香格里拉大酒店内 .

**Le Bistrot All Day Dining Restaurant** At La Vie en Rose, the caviar, foie gras and fresh seafood are only the beginning to a beautiful Sunday. Parents and Children both enjoy Le Bistrot's Kids Corner. La Vie en Rose Sunday Brunch is RMB438 per person including unlimited flow of Mumm Brut, or RMB 538 for Mumm Rosé, 12pm-3pm every Sunday. Prices exclude 15% service charge. Le Royal Meridien Shanghai, 789 Nanjing Dong Lu (3318 9999 ext. 7007). 南京东路 789 号上海世茂皇家艾美酒店内 .

**Le Café** Big Blue Brunch includes free flow of fine wines and champagne, cocktails, a sumptuous buffet offering and complimentary access to the hotel's indoor swimming pool and gym facilities. Offer is RMB 398 + 15% service charge per person valid every Saturday & Sunday from 11:30am-2:30pm inclusive of unlimited champagne, wine, cocktails and beverages. Children below 12 years old are RMB 160+ per person inclusive of soft drinks, juice and kidtails. Le Meridien She Shan Shanghai, 1288 Linyinxin Lu, Sheshan National Tourism Resort (5779 9999 ext. 7722). 上海佘山国家旅游度假区林荫新路 1288 号上海世茂佘山艾美酒店 .

**Marriott Café** Each Sunday from 11:30am to 2:30pm, the Marriott Café hosts one of the most sumptuous banquets in all of Shanghai. Sunday brunch buffet with a free flow of Champagne costs RMB 458 (plus 15% surcharge). 38/F, JW Marriott Hotel Shanghai, 399 Nanjing Xi Lu (5359 4969 ext. 6422). 万豪咖啡厅 , 南京西路 399 号上海明天广场 JW 万豪酒店 38 楼 .

**Nadaman** presents a new Sake Yaki brunch. The menu includes a premium selection of dishes focusing on teppanyaki, and tempura, sashimi and other appetisers are available. From the Sake Bar, a line-up of drinks are paired to complement the array of Sake Yaki brunch dishes. Saturdays and Sundays11:30am-2:30pm. RMB 388 including 15% service charge per person. Pudong Shangri-La, Shanghai, 33 Fucheng Lu (6882 8888 ext. 6888) fbreservation.slpu@shangri-la.com. 上海浦东富城路 33 号上海浦东香格里拉大酒店内 .

**O2on2** Sunday Jazz Brunch includes additional minute beef steak, chicken vegetable skewer, snow crab, scallops in half shell and much more, with live jazz band. The Sunday Jazz Brunch package prices: RMB 468 net per person -- free flow soft drink, juice, red and white wine, local beer and champagne. RMB 268net per person -- free flow soft drink and juice. Free for children under 8 years old. Fantastic fun corner for kids. 2/F, The Longemont Shanghai, 1116 Yan'an Xi Lu (6115 9988 ext. 8220) 全日餐厅 , 延安西路 1116 号上海龙之梦丽晶大酒店 2 楼 .

**On The River Café** Sunday Brunch – Buy Two get One Free. RMB 328 + 15% surcharge including free flow of soft drinks, Tiger draught beer and Chile, Argentina house wine, free flow of Spanish sparkling wine or Italian sparkling wine if pay extra RMB 80 + 15% surcharge. 1/F, Gran Meliá Shanghai, 1288 Lujiazui Ring Lu (3867 8888 ext. 6048). 浦东新区陆家嘴环路 1288 号上海新天哈瓦那大酒店 1 楼 .

**Pentalounge** A European-style lazy brunch is on offer at pentalounge. To complement your experience, a choice of main course will be cooked to order and served to your table. From 11am to 4pm (Every Saturday and Sunday). RMB 98 per person, RMB 158 per person with a glass of Chandon, RMB 68 per child (12 years and younger). Pentahotel Shanghai, 1525 Dingxi Lu, Changning District (6252 1111) www.pentahotels.com.cn. 贝尔特酒廊 , 长宁区定西路 1525 号上海贝尔特酒店内 .

**Radisson Blu Hotel Pudong Century Park** Churrasco Brazilian Barbecue Brunch, the traditional foods of the gaucho's featuring beef, pork, poultry and sausages, flavored with salts or marinated on skewers and then char-grilled over hot coals and accompanied by molho a campanha (hot sauce). The barbecue is the centrepiece of a full buffet features cold seafood, salads, hot and cold Western and Asian dishes. Every Sunday 11:30am-14:30pm. Adults RMB 168, Children RMB 88, inclusive of 1 draught beer or soft drink. Price subject to 15% surcharge. 1199 Yingchun Lu Pudong (5130 0000 ext. 4009). 上海证大丽笙酒店 , 浦东迎春路 1199 号 .

**Sheraton Shanghai Hongqiao Hotel** An all-you-can-eat surf and turf brunch buffet especially suited to families. Each Sunday from 11:30am-2pm. RMB 288 +15% surcharge, including free flow of sparkling wine, RMB 368 +15% surcharge, including free flow of champagne. 5 Zunyi Nan Lu (6275 8888 Ext. 4814). 虹桥喜来登上海太平洋大饭店 , 遵义南路 5 号 .

## Western

**Abbey Road** Come for the tasty brews and pub grub, stay for the bamboo garden in the shade. www.abbeyroad-shanghai.com. 45 Yueyang Lu, by Dongping Lu (6431 6787) Mon-Fri 4pm-2am, Sat-Sun 10am-2am 岳阳路 45 号 , 近东平路 .

**Anadolu** Anadolu is both a sit-down restaurant and fast food joint that serves elegant teas and dishes for dine-in and sports a take-away counter that's open until 5 am. 1)4-7 Hengshan Lu, by Wulumuqi Lu (5465 0977) Sun-Thurs 11am-2am; Fri-Sat 11am-5am. 2)156 Xingye Lu, by Madang Lu (5306 7765) Daily 10am-11pm. 1) 衡山路 4-7 号 , 近乌鲁木齐路 2) 兴业路 156 弄 1 号 1 楼 , 近马当路 .

**Blue Marlin** Bar & Restaurant Suzhou transplant offering international cuisine and live music. 689 Lan Tian Rd. Green City Jinqiao Pudong Shanghai, opposite Decathlon (5030 5255) 10.30am – 2am, 浦东金桥碧云社区蓝天路 689 号 ( 迪卡侬对面 ).

**Briccocafe** They provide a menu stacked with fresh, well-priced Italian dishes and a wide range of Italian wine. 1)158 Chengdu Nan Lu, by Huaihai Zhong Lu (6387 9188) 2) International Airside B10, Terminal 1, Hongqiao Airport. Daily 10am-12am 1) 成都南路 158 号 , 近淮海中路 2) 虹桥机场国内出发禁区 B10 登机口 , 近空港二路

**Da Marco** This long-time institution serves great pizzas and sports a constantly packed house. 1)103 Dongzhu'anbang Lu, by Zhenning Lu (6210 4495) Daily 12pm-11pm 2)164A Grand Gateway Mall, No 1 Hongqiao Lu, by Huashan Lu (6447 7577) Daily 10am- 11pm. 3)350-354 Yushan Lu, by Mingsheng Lu (5860 8170) Daily 12pm-11pm. 1) 东诸安浜路 103 号 , 近镇宁路 2) 虹桥路 1 号港汇广场 164A, 近华山路 3) 浦东新区羽山路 350-354 号 , 近民生路

**Dolce Vita** Prime, pricey Italian food in the French Concession. 291 Fumin Lu, by Changle Lu (6170 1318) Daily 12pm- 2:30pm; 6pm-12am (10.30pm last order) 富民路 291 号 , 近长乐路

**Element Fresh** Light, healthy, modern cuisine, including Western fare and Asian sets. www.elementfresh.com 1)1/F, No. 163, Grand Gateway Mall, 1 Hongqiao Lu (6407 5992) Sun-Thu 7am-11pm, Fri-Sat 7am-12am 2)Green City, 331 Hongfeng Lu (3382 1700) Sun-Thur 7am-11pm, Fri-Sat 7am-11:30pm 3)1/F 2088 Yanan Xi Lu (6083 7436) Sun-Thur 7am-11pm, Fri-Sat 7am-11:30pm 4)Rm.112, Shanghai Centre, 1376 Nanjing Xi Lu (6279 8682) Mon-Fri 7am-11pm; Sat-Sun 7am-12am 5)2/F, Shanghai World Financial Center, 100 Century Avenue (6877 4001) Sun-Thu 7am-11pm, Fri-Sat 7am-12am 6)6/F, Silver Court office & apartments, 228 Xizang Nan Lu (6334 3598) Daily 7am-11pm 7)1/F Super Brand Mall, 168 Lujiazui Xi Lu (5047 2060) Sun-Thu 7am-11pm, Fri-Sat 7am-12am 8)4/F, Kwah Restaurant Centre, 1028 Huaihai Zhong Lu (5403 8865) Sun-Thu 7am-11pm, Fri-Sat 7am-12am 1) 虹桥路 1 号港汇广场 1 楼步行街 2) 浦东碧云社区红枫路 331 号 3) 延安西路 2088 号 1 楼 4) 南京西路 1376 号上海商城 112 室 5) 世纪大道 100 号环球金融中心 87 楼 6) 西藏南路 228 号 6 楼 7) 陆家嘴西路 168 号正大广场西门 1 楼 8) 淮海中路 1028 号嘉华中心 4 楼

**Franck** Classy yet casual, and perhaps a touch overpriced, owner Franck is obsessed with quality and it shows. As authentic a bistro as you'll find in Shanghai. Ferguson Lane, 376 Wukang Lu, by Hunan Lu (6437 6465) Tue – Sun 6-10.30pm, Sat – Sun 12nn-2.30pm, closed on Mondays. 武康路 376 号 , 近湖南路

**Las Tapas** Typical Spanish tapas served in a pleasant, if slightly predictable, atmosphere. 1)259 Hongfeng Lu, by Biyun Lu (3382 1686) Daily 11am-12am 2)House 33, Hongmei Entertainment Street, 3338 Hongmei Lu (6465 8345) Daily 11am-12am 3)207 Maoming Nan lu (6415 9567) Daily 11am-12am 1) 红枫路 259 号 , 近碧云路口 2) 虹梅路 3338 弄 33 号别墅 , 近延安西路 3) 茂名南路 207-4 号

**M on the Bund** This Bund pioneer serves up impeccable service and a menu peppered with Continental, Aussie and Moroccan inspiration. Try the pavlova for dessert. 7/F, No. 5 The Bund, 20 Guangdong Lu, by Zhongshan Dong Yi Lu (6350 9988) Mon-Fri 11.30am-2.30pm;6.15-10.30pm; Sat-Sun 11.30am-3pm; 6.15-10.30pm. 广东路 20 号 7 楼 , 近外滩中山东一路 , 外滩 5 号

**Malone's** Popular American-style bar and grill and 2009 Readers' Choice Award winner for Best Pub. Come for the burgers, stay for the live music and televised sport www.malones.com.cn malones@malones.com 255 Tongren Lu (6247-2400) Daily 11am-2am 铜仁路 255 号

**Maya** Voted "Best Latin American Cuisine" in our 2009 Readers' Choice Awards,Maya was arguably the first restaurant in Shanghai to start doing Mexican right. 568 Julu Lu, bu Shaanxi Nan Lu (6289 6889) Daily 5pm-late; kitchen closes 10.30pm; bar food until 11pm. 巨鹿路 568 号 , 近陕西南路

**Mexico Lindo** Cantina & Grill Colorful Mexican and Tex-Mex restaurant that serves great margaritas. Live music on Friday and Saturday nights. Hongmei Pedestrian Street Unit 39, Lane 3338 Hongmei Lu (6465 9336) Mon-Thurs 4pm-12am; Fri-Sat 11am-12am 虹梅路 3338 弄 39 号 , 虹梅休闲街 .

**Mr. & Mrs. Bund** Molecular madman Paul Pairet takes a more laissez-faire approach with this modern French eatery. Expect straightforward food and a great wine list. www.mmbund.com 6F, Bund 18, Zhongshan Dong Yi Lu, by Nanjing Dong Lu (6323 9898) Sun- Mon 6.30-10.30pm; Tues-Sat 6.30pm- 4am(dinner); Mon-Fri 11.30am-2pm (lunch) 中山东一路 , 外滩 18 号 6 楼 , 近南京东路

**Mythos** A Greek-style taverna with cute,kitschy decor, a selection of standard, rather pricey fare and sparkling views of the Huangpu River. The Cool Docks, Bldg 6, 479 Zhongshan Nan Lu, The Bund, by Fuxing Dong Lu (6152 6755) Daily 10am-12am 中山南路 479 弄 6 号楼 , 近复兴东路

**Pasta Fresca Da Salvatore** Competent, classic Italian fare in large portions at reasonable prices. 1) Rm49, Thumb Plaza, 199 Fangdian Lu, by Dingxiang Lu (5033 9001) Mon-Thu 11.30am-2.30pm, 5.30pm-10.30pm; Fri- Sun 11.30am-11pm 2)4 Hengshan Lu, by Wulumuqi Nan Lu (6473 0772) Mon-Fri 11.30am-2.30pm, 5.30pm-11pm; Sat-Sun 11.30am-11pm 3)3896 Hongmei Lu, by Hongqiao Lu (6262 5620) Daily 11.30am- 2.30pm, 5.30pm-10.30pm 1) 芳甸路 199 号大拇指广场 49 室 2) 衡山路 4 号 , 近乌鲁木齐南路 3) 虹梅路 3896 号 , 近虹桥路

**Paulaner Brauhaus** Beer and Bavarian food feature heavily in this warm and well-populated venue. Usually features a live band. 1)Binjiang Da Dao, Fu Du Duan, by Pudong Shangri-La Hotel (6888 3935) Sun-Thurs 11am-1am, Fri-Sat 11am-2am 2)3F, 555 Expo Avenue, by Xueye Lu, Pudong New Area (2206 0555) Sun-Thurs 11am-1am, Fri-Sat 11am-2am 3)150 Fenyang

Lu, by Yueyang Lu (6474 5700) Sun-Thurs 11am-1am, Fri-Sat 11am-2am 4) House 19-20, North Block Xintiandi, Lane 181 Taicang Lu, by Madang Lu (6320 3935) Sun-Thurs 11am-1am, Fri-Sat 11am-1:45am 1) 滨江大道富都段, 近浦东香格里拉酒店 2) 浦东新区世博大道 555 号 3 楼, 近雪野路 3) 汾阳路 150 号, 近岳阳路 4) 太仓路 181 弄, 新天地北里 19-20 号楼, 近马当路

**Restaurant Martin** Spanish celebrity chef Martin Berasatagui's Shanghai outpost features fine modern Spanish cuisine and impressive wine list. www.martinberasatequi.com 811 Hengshan Lu, in Xujiahui Park1 (6431 6639) Daily 11.30am-3.30pm, 6.30-10.30pm. 衡山路 811 号, 徐家汇公园里

**Sasha's** Set in a beautiful 1920's mansion where the Soong family used to reside. Lovely garden is perfect during nice weather. House 11, 9 Dongping Lu, by Hengshan Lu (6474 6628) Daily 10am-1:30am 东平路 9 号 11 幢, 衡山路口

**The Spot Bar & Restaurant** Attractive terrace and modern interior with an international menu, televised sports and affordable drinks. 331 Tongren Lu, by Beijing Xi Lu (6247 3579) Sun-Thurs 11am-2am, Fri-Sat 11am-3am 铜仁路 331 号, 近北京西路

**Va Bene** Enjoy everything from classic standards to creative cuisine by a Michelin-starred chef in this Xintiandi stalwart. House 7, North Block Xintiandi Lane 181 Taicang Lu, by Madang Lu (6311 2211) Daily 11.30am-2.30pm, 6-10.30pm. 太仓路 181 弄新天地北里 7 号楼, 近马当路

## LIFESTYLE

### Beauty

**BronzeBodies Professional Tanning** 1)1FB Silver Block, Jiu An Plaza, 258 Tong Ren Lu, by Nanjing Xi Lu (6247 7377) Daily 10am - 9pm. www.bronzebodiesclub.com. 2)Unit B112 Basement 1, Hong Kong New World Tower, 300 Huaihai Zhong Lu (6335 3091) Daily 10am - 9pm. 1) 铜仁路 289 号九安广场银座 1 FB ( 近南京西路 ).2) 淮海中路 300 号香港新世界大厦 ( 办公楼 )B112 室 ( 黄陂南路入口 ).

**Diva Life Nail & Beauty Lounge** 1)1/F, Tower 3, German Centre, 88 KeYuan Lu, Pudong (2898 6078) 10am-10pm. info@mydivalife.com. 2)266 Ruijin Er Lu, by Taikang Lu (5465 7291 ) 10am-10pm . www.mydivalife.com. 3)66 Nanchang Lu, by Yandang Lu 10am-10pm. 上海天后美甲沙发吧 , 1) 浦东科苑路 88 号, 近龙东大道, 德国中心 3 号楼 1 层 .2) 瑞金二路 266 号近泰康路 .3) 南昌路 66 号, 近雁荡路 .

**Fiori** 1)507, Shanghai Times Square, 99 Huaihai Zhong Lu (6391 8386) Mon-Sun, 10am-10pm. 2)Suite 210, 1376, Nanjing Xi Lu (6279 8118) Mon-Sun, 10am-9pm. 1) 淮海中路 99 号大时代广场 507 .2) 南京西路 1376 号上海商城 210.

**Frangipani** 1)204 Xinle Lu, by Donghu Lu (5403 0227) 2)76 Fuxing Xi Lu, by Yongfu Lu (6437 0310) 3)Rm 405, 4/F, 3211 Hongmei Lu (5422 2984) 1) 新乐路 204 号近东湖路 .2) 复兴西路 76 号, 近永福路 .3) 虹梅路 3211 号 405 室 .

**Helen Nail Spa** 1)120 Nanchang Lu (5383 8957) Daily, 10:00-22:00. 2)No 6, Lane 819 Julu Lu, by Fumin Lu (5403 7802) 1) 南昌路 120 号 .2) 巨鹿路 819 弄 6 号, 近富民路 .

**I-Nail** 1)520 Caoyang Lu, 2/F New Office Building,Shanghai Labor Cultural Palace (6244 9339) 2)810 Changle Lu, by Changshu Lu 3)House 3, Lane 89 Xingguo Lu (3423 0038 ) Mon-Sun, 10am-10pm. 4)House 3194-2, Hongmei Lu (2878 5166) 5) House No 3, Lane 89 XinGuo Lu, by Hunan Lu (3423 0038) 6)Shop 131, Ascendas Tower, 333 Tianyao Qiao Lu (6426 3819) 7)Shop 5005, 1018 Changning Lu (5238 5399) 8)Shop 520, 521, Citic Square, 1168 Nanjing Xi Lu (5292 8638) Mon-Sun, 10am-10pm. 9)Shop B210, Hong Kong New World Tower, 300 Huaihai Zhong Lu (6335 3123) Mon-Sun, 10am-10pm. 1) 上海市曹杨路 520 号沪西文化宫内新办公大楼 2 楼 .2) 长乐路 810 号, 近常熟路 .3) 兴国路 89 弄 3 号楼 .4) 闵行区虹梅路 3194 号 /2.5)6) 天钥桥路 333 号腾飞大厦 131 店铺 .7) 长宁路 1018 号龙之梦购物中心 5005 室 .8) 南京西路 1168 号中信泰富 520,521 店铺 .9) 淮海中路 300 号香港新世界大厦 B210.

**Lotus Nail Spa** 853 Weihai Lu, by Shaanxi Bei Lu (6218 9823) 蓮美甲沙龙 , 威海路 853 号近陕西北路 .

**Perfect Tan, Professional Indoor Tanning Salon** Unit 102, Block 219, Ronghua Xi Avenue ( 6219 2225) 12-8pm. www.perfecttan.com.cn . 荣华西道 19 弄 2 号楼 102 室 , 荣华西道 19 弄 2 号楼 102 室 .

**Sunpoint Tanning Studio** 607 Chengdu Bei Lu (6272 2090) info@sunpointtanning.com. www.sunpointtanning.com. 成都北路 607 号 .

### Massage & Spa

**Bamboo 7 Massage** 1)1/F, 550 Xujiahui Lu 2)1130 Yingchun Lu, by Fangdian Lu (6856 7122) 3)1131 Yingchun Lu, by Fangdian Lu (5033 1699) 4)1198 Biyun Lu, opposite to Hongfeng Lu (5030 8406) 5)3/F, Jiuzhou Department Store, 3219 Hongmei Lu, by Huaguang Lu (5175 9168) 6)3308 HongmeiLu, by Huaguang Lu (5422 1271) 7)708 Pucheng Lu, by Weifang Lu (5877 1788) 8)985 Meihua Lu, by Fangdian Lu (5059 9059) 9)C1, 3/F, North Building, Wanke Square, 37 Shuicheng Nan Lu (6209 8400) 10)Luocheng Saquare, 12 Shuicheng Lu (6295 0300) 11)Rm 1-105, 169 Mengzi Lu (6133 0613) 12)Rm 201, 735 Huangjincheng Avenue (6208 9200) 1) 徐家汇路 550 号宝鼎大厦一楼 .2) 浦东新区迎春路 1130 号近芳甸路 .3) 浦东新区迎春路 1131 号近芳甸路 .4) 浦东新区碧云路 1198 号近红枫路 .5) 虹梅路 3219 号九州商厦 3 楼 .6) 虹梅路 3308 号近华光路 .7) 浦东新区浦城路 708 号近潍坊路 .8) 浦东新区梅花路 985 号近芳甸路 .9) 水城南路 37 号万科广场北幢 3 楼 C.10) 水城路 12 号洛城广场 .11) 蒙自路 169 号 1-105 室近丽园路 .12) 黄金城道 735 号 201 室 .

**Banyan Tree Spa Shanghai** 3/F, the Westin Shanghai, Bund Center, 88 Hennan Zhong Lu (6335 1888) 10am to 12 am. spa-shanghai@banyantree.com. 上海悦榕 Spa, 河南中路 88 号威斯汀酒店 3 楼 .

**Bund Five Oasis Spa** 5/F, 5 Zhongshan Dong Yi Lu, near 20 Guangdong Lu (6321 9135) 10am-12pm. www.bundoasisspa.com. 中山东一路 5 号 5 楼, 近广东路 20 号 .

**Chi Spa** 6/F, Tower 2, Pudong Shangri-La, 33 Fucheng Lu (5877 1503) 气 SPA, 富城路 33 号上海浦东香格里拉大酒店二座 6 楼 .

**Chuan Spa** 3/F, The Langham, Yangtze Boutique, 740 Hankou Lu (6080 0722) 10am-10.30pm. tlsha.info@chuanspa.com. 川水疗中心 , 上海市黄浦区汉口路 740 号 3 楼 .

**Congen Massage** 1)1/F 84 Ziyun Xi Lu, by Loushanguan Lu (6229 5328) 2)1/F, 407 Taixing Lu, by Xinzha Lu (5213 6681) 3)1/F, 48 Xingyi Lu, by Loushanguan Lu (6209 3813, 6278 6615) 4)2/F, 1078 Gubei Lu, by Huangjincheng Avenue (6209 8133, 6209 8395) 5)2/F, 1222 Biyun Lu, by Hongfeng Lu (5030 1316) 6)2/F, 707 Zhangyang Lu, by Laoshan Lu (5836 1256, 5836 1257) 7)3/F, 99 Shanxi Nan Lu, by Jiujiang Lu (6361 1161) 8)3/F, No.1, Lane 500 Tianyaoqiao Lu, by Xietu Lu (6438 0277, 6438 0229) 9)436 Dagu Lu, by Shimen Yi Lu (6340 1161, 6340 1163) 10)488 Huangjincheng Avenue, by Yili Nan Lu (6151 2093) 11)5/F, 111 Yili Nan Lu, by Guyang Lu (5174 2566, 5174 2599 ) 12)83 Anshun Lu, by Dingxi Lu (6283 5370) 13)9 Liushan Lu, by Jinxiu Lu (6856 7820) 14)Rm 501, 1099 Wuxhong Lu, by Wanyuan Lu (6113 0778) 15)Unit 01, 4/F, 300 Fangdian Lu, by Yingchun Lu (6159 0117, 6159 0118) 1) 紫云西路 84 号 1F 近娄山关路 .2) 泰兴路 407 号 1F 近新闸路 .3) 兴义路 48 号新世纪广场 1F 近娄山关路 .4) 古北路 1078 号黄金豪园 2F 座近黄金城道 .5) 碧云路 1222 号 2 层近红枫路 .6) 张杨路 707 号生命人寿大厦 2F 近崂山路 .7) 山西南路 99 号华盛商务大厦 3 楼近九江路 .8) 天钥桥路 500 弄 1 号 3F 近斜土路 .9) 大沽路 436 号近石门一路 .10) 黄金城道 488 号 1F 近伊犁南路 .11) 伊犁南路 111 号钱江商务广场 5F 近古羊路 .12) 安顺路 83 号近定西路 .13) 柳杉路 9 号近锦绣路 .14) 吴中路 1099 号吴中商务大楼 501 室近万源路 .15) 芳甸路 300 号联洋广场 B 区 4 层 01 单元近迎春路 .

**Dragonfly** 1)20 Donghu Lu (5405 0008) Daily 10am-2am. 2)206 Xinle Lu, by Fumin Lu (5403 9982) Daily 10am-2am. 3)2/F, 218 Xinle Lu (5403 6133) Daily 12pm-12am. 4)458 Dagu Lu (6327 1193) Daily 11am-2am. 5)555 Jinfeng Lu (2201 0899). 6)84 Nanchang Lu (5386 0060) Daily 11am-2am. 7)386 Hongfeng Lu (3872 6996) Daily 10am-12am. 8)2/F, Shanghai Kerry Centre,1515 Nanjing Xi Lu (5298 5688) Daily 10am-1am. 9)Villa 5, 3911 Hongmei Lu (6242 4328) Daily 9am-2am. relax@dragonfly.net.cn www.dragonfly.net.cn. 悠庭保健会所 ,1) 东湖路 20 号 .2) 新乐路 206 号, 近富民路 .3) 新乐路 218 号 2 楼 .4) 大沽路 458 号 .5) 金丰路 555 号 .6) 南昌路 84 号 .7) 红枫路 386 号 .8) 南京西路 1515 号上海嘉里中心 2 楼 .9) 虹梅路 3911 号 5 号别墅 .

**Evian Spa by Three** 2/F Three on the Bund, 3 Zhongshan Dong Yi Lu (6321 6622) Monday-Sunday 10:00-22:00. 中山东一路 3 号, 外滩三号 2 楼 .

**Green Massage** 1)58 Taicang Lu, by Jinan Lu (5386 0222) start from RMB 98/45 min, Daily 10.30am-2am. 2)88 Xingeng Lu, by Tianyao Qiao Lu (6468 7076 ) 10.30am-2am. 3)Rm 202, West Wing, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu (6289 7776) green@greenmassage.com.cn. www.greenmassage.com.cn. 4)Rm304, 3/F, The shops & Restaurants, Shanghai World Financial Center, 100 Century Avenue, Pudong District (6877 8188) 10.30am-10.30pm. 青专业按摩 , 1) 太仓路 58 号近济南路 .2) 辛耕路 88 号, 近天钥桥路 .3) 南京西路 1376 号 上海商城西峰 202 室近西康路 .4) 上海国际金融中心 3 楼 304 室 .

**Herborist Spa** 1)6/F, Silver Tower, 85 Taoyuan Lu (6385 5050, 6385 5656) 2)718 Beijing Xi Lu, by Shimen Lu (6217 1178, 6217 1198) 3)855 Tangshan Lu (6595 8808) 4)Unit 25, 7/F, Super Brand Mall, 168 Lujiazui Lu (5098 8866, 5098 8333) www.herborist-spa.com. 1) 桃源路 85 号永银大厦 6F.2) 北京西路 718 号近石门路 .3) 唐山路 855 号 .4) 陆家嘴西路 168 号正大广场 7F25.

**Kousenkaku** 87-89 Ruijin Er Lu, by Fuxing Lu (6385 3130) 香扇阁 , 瑞金二路 87-89 号, 近复兴路 .

**Lotos Spa** 2/F, West Tower, 8 Jinan Lu, by Shunchang Lu (3308 0088) Daily 10am-midnight. 莲泉 , 济南路 8 号西座 2 楼近顺昌路 .

**Oriental Taipan Massage and Spa** Indulge in the pleasure of luxurious massage. Seek out the perfect balance of body, mind and spirit through the caring hands of our trained masseuse. And find yourself utterly relaxed and rejuvenated! Free serving of healthy fruit juices and snacks. 39 Donghu Lu (6415 8880) Daily 12pm-12am www.taipan.com.cn 东方大班保健休闲会所 , 东湖路 39 号

**Shui Urbn Spa** 5/F, Ferguson Lane, 376 Wukang Lu, by Tai'an Lu (6126 7800) www.shuiurbanspa.com.cn. 上海市徐汇区武康路 376 号弗格森巷 5 楼 .

**Silent Massage** 2905 Xietu Lu by Lingling Lu (6481 2781) 12-1am. 斜土路 2905 号近零陵路 .

**Sunny Massage** Suuny are looking for ways which are healther to

awake our body.Sunny massage offers special and amazing chinese classical massages.A workmanship which has last for throusand years,to help client relax musal to improve the metabolism and improve the circulation. 1) 251 Guangxi Bei Lu (6322 3991) 11am-2am 2) 500 Dagu Lu, by Shimen Yi Lu (6340 0636) 11am-2am 1) 广西北路 251 号 2) 大沽路 500 号 , 近石门一路

**Yu Massage** 366 Wuyuan Lu (5403 9931) 11-2am. 愉庭保健会所 , 上海五原路 366 号 , 靠近武康路口 .

**Zeta Spa** 1)359 Weihai Lu (6340 1580) 2)Bldg 1, No. 9, Lane 181 Taicang Lu, Xintiandi (6320 2277) 3)Unit 2-3-4, 2/F, Bldg B, 100 Hongqiao Lu (3228 3555) 1) 威海路 359 号 .2) 太仓路 181 弄 9 号 1 座 .3) 遵义路 100 号虹桥上海城 B 栋 2 楼 2-3-4 单元 .

## Yoga

**Karma Life Yoga** This large newly renovated high-end studio in Pudong offers a diverse range of styles and classes, including Ashtanga, Anusara, Hot yoga, soft Yin and Basics.
The teachers are top notch and international, with world-renowned visiting guest teachers offering workshops and teacher trainings. Classrooms are spacious and bright, and changing areas are clean and stylish. Classes taught in both Chinese and English.160 Pucheng Lu, by Shangcheng Lu. Daily 9am-10pm (5882 4388/ 150 0003 0588, www.karmayoga.com.cn) 浦城路 160 号 , 近商城路

**Y+ Yoga** Centre Whether you are looking to develop your spiritual wellbeing, body toning or just socialise with the hip young crowd, Y + Yoga Centre will have the right class for you. 1) Y+ Anfu Lu New Studio Presentation Gallery, 1/F, 322 Anfu Lu, by Wukang Lu (189 1774 1985) 2) Y+ Xintiandi Studio, 2/F, 202 Hubin Lu, by Shunchang Lu (6340 6161) Daily, 7.30am - 8.45pm 3) Y+ Fuxing Lu Studio, 2/F, Bldg2, 299Fuxing Xi Lu, by Huashan Lu (6433 4330) Daily, 6.45am - 8.45pm(www.yplus.com.cn, Customerservice@yplus.com.cn) 1) Y+ 安福新店展示中心 : 安福路 322 号 1 楼 , 近武康路 2) Y+ 新天地会所 : 湖滨路 202 号 2 楼 , 近顺昌路 3)Y+ 复兴路会所 : 复兴西路 299 号 2 号楼 2 楼 , 近华山路

**Yogi Yoga** No. 1, Lane 22 Fumin Lu (6248 5848, 6248 0378) shanghai@yogiyogacenter.com www.yogiyoga.cn 富民路 22 弄 1 号 .

## Hairdressers

**Barbers** by Three Barbers by Three provides a superior salon and grooming service in ultra-private cubicles. 2/F Three on the Bund, 3 Zhongshan Dong Yi Lu (6321 6622) Monday-Sunday 10.00-22.00. 中山东一路 3 号 , 外滩三号 2 楼 .

**Beijing Hair Culture** 1)4/F, Hilton Shanghai, 250 Huashan Lu (6249 7228) 2)No5, 2/F, Corporate Avenue, 222 Hubin Lu (6340 6822) 北京美发沙龙 , 1) 华山路 250 号希尔顿酒店 4 楼 .2) 湖滨路 222 号企业天地 .

**Benson Salon** 1)1119 Jiangning Lu, by Xinhui Lu (6266 9861) www.bensonsalon.com. 2)778 Jiangning Lu, by Haifang Lu (6277 8778) 1) 江宁路 1119 号 ( 靠近新会路口 ).2) 江宁路 778 号 ( 靠海防路口 ).

**Bleu Lee** Canadian-born Chinese Stylist, now based in Shanghai. Has 11 years experience in make-up and 9 years experience in Styling. Bleu has a team of stylists that provide services in make-up, hair and wardrobe styling. (138 1675 5799) bleulee@hotmail.com http://www.bleuvisual.com/

**Eric Paris** Well-trained international stylists and colourists ensure you receive the premium hair products and services that all uniquely individualised. Also experience our wonderful beauty, nail, waxing and tanning services. 1) 3N04-05, 3/F Jinmao Tower, 88 Century Avenue (137 6139 0706) 10am-8pm. 2) 4 Hengshan Lu (137 6139 0605) 爱丽克 , 1) 浦东世纪大道 88 号金贸大厦 3 楼 3N04-05 2) 衡山路 4 号 .

**Franck Provost** Leading global hair salon featuring highly trained stylists and colourists. Prices start from RMB200 for cutting and treatment, and RMB380 for perms and colouring. 1)No 4, 1/F, 35 Shanxi Nan Lu, by Changle Lu (6267 5171) Daily 10am-10pm. 2) 3182 Hongmei Lu, by Cheng Jiao Qiao Zhi Lu (6446 6928) Daily 10 am-10pm 3) 4/F, Grand Gateway, 1 Hongqiao Lu, by Huashan Lu (6407 3172) daily 10 am-10pm, www.frankprovost.com. 1) 卢湾区陕西南路 35 号一楼 4 号商铺 ( 长乐路路口 ) 2) 闵行区虹梅路 3182 号 , 近程家桥路 3) 上海港汇店 , 虹桥路 1 号港汇广场 4 楼 466 商铺 , 近华山路 .

**Gorgeous Shadows Hair Salon** Relatively new hair salon with professional stylists. 1/F, Hua Cheng Tower, 601 Zhangyang Lu, Pu Dong (5137 9783) 10am-10pm. 浦东张杨路 601 号华城大厦国际美食城 1 层 .

**Mirage.M Hairdressing and Makeover** has a team trained from London and Singapore. Specialize in European and Asian haircut & colour. Exclusively use Wella and Organics products. The Cooldocks,Bldg 11,unit 101. 505 Zhongshannan lu,by Fuxing Dong lu (6152 6762) www.miragemhairmakeup.com

**m.i.c Salon** 1) Rm 10, 5/F, Channel One, 155 Changshou Lu (3131 5145) 2) Rm 2, 2/F, Hongqiao Parkson, 100 Zunyi Lu (6237 0083) 1) 长寿路 155 号 5 楼 10 座 .2) 遵义路 100 号 , 上海城 ( 虹桥百盛 )2 楼 ,2 单元 .

**Tiffany** 1)A15-A16,1211 Shiji Da Dao (6876 0486) 2)B1, Grand Gateway, 1 Hongqiao Lu (6407 8589) 3)Raffles City, B1, 268 Xizang Zhong Lu, by People's Square (6340 3006) 蒂梵尼造型设计 , 1) 浦东世纪大道 1211 号 A15-A16 室 .2) 虹桥路 1 号 , 港汇广场地下一层 .3) 西藏中路 268 号莱福士广场地下一楼 , 近人民广场 .

**Toni & Guy Salons Shanghai** 1)B2/F, Super Brand Mall, 168 Lujiazui Xi Lu (5047 2298) 2) Green City Jinqiao, 376 Hongfeng Lu, Pudong (5030 5521) 3) L515-516,Times Square Shopping Mall, 99,Huaihai Zhong Lu (53513606) 4)Suite 209, Shanghai Center, 1376 Nanjing Xi Lu (6279 8806) 汤尼英盖专业美发 1) 陆家嘴西路 168 号正大广场 B2.2) 浦东金桥碧云国际社区 , 红枫路 376 号 .3) 淮海中路 99 号大上海时代广场 .4) 南京西路 1376 号 209 室 .

**Vidal Sassoon Salon & Academy Shanghai** Unit 2, Bldg 16, Xintiandi, 181 Taicang Lu (6311 2151) 沙宣 ( 上海 ) 美发研修中心 , 太仓路 181 弄 16 号楼 2 单元 .

**Wanglei** 1)2/F, Central Plaza, 387 Huaihai Zhong Lu, by Madang Lu (6391 5525) 2)5/F, Isetan, 1038 Nanjing Xi Lu, by Jiangning Lu (6272 3127) 3)5/F, Jiuguang City Plaza, 1618 Nanjing Xi Lu (6288 0113) 王磊形象公社 1) 淮海中路 387 号中环广场 2 楼 , 近马当路 .2) 南京西路 1038 号梅龙镇伊势丹 5 楼 .3) 南京西路 1618 号久光百货 5 楼 .

# SHOPPING

## App arel

**Ben Zhou Handmade Shoes Studio** Custom-made shoes in retro, modern and classic designs for both men and women. Customers are invited to bring in photos of their dream shoe so that professional cobblers can craft the perfect pair. 1) Rm 112, 90-1 Nanyang Lu, by Xikang Lu 2) B1-48, Luocheng Plaza, 1665 Hongqiao Lu, by Shuicheng Lu (138 1788 7660, 136 3658 0300) woman shoes start from RMB 650, man from RMB 900, handmadeshoes@msn.com, www.benzhoushoes.com. 1) 南阳路 90-1 号 112 室 , 近西康路 2) 洛城广场 B1-48, 虹桥路 1665 号 , 近水城路 .

**JustLikeMe** Playtime just got much more interesting for little girls with the latest trends from Just Like Me. It is a stunning and stylish range of dresses for your little girl and her favorite doll, Lulu. 3 Zizhong Lu, by Danshui Lu (6311 0995) 自忠路 3 号 , 近淡水路 .

**Road 39** A trendy design for you to make your pregnancy a beautiful fashion road. LOFT-Rm 1220, Bldg 1, 508 Jiashan Lu (Jianguo Xi Lu), Shanghai (6426 9567) www.road39.com. 嘉善路 508 号 1 号楼 1220 室 , 靠近建国西路 ).

**Shanghai Tang** 1)15 North Block, Xintiandi, 181 Taicang Lu (6384 1601) 2)Shop E, Jinjiang Hotel, 59 Maoming Nan Lu (5466 3006) 上海滩 , 1) 太仓路 181 弄新天地北里 15 号 .2) 茂名南路 59 号锦江饭店 E 店铺 .

**StellaLam** The first exclusive evening Gown Boutique in Shanghai has more than 500 styles presented in the showroom and huge selection of 10,000 styles for made-to-order dresses, 6 Lane 210 Taikang Lu Tianzifang (6466 9710) www.stellalam.com 上海卢湾区泰康路田子坊 210 弄 6 号 .

## Food & Beverage

**City Shop** B1, Shanghai Centre, 1376 Nanjing Xi Lu 2) 3211 Hongmei Lu 3) B1, New World Dept Store 939 Huaihai Zhong Lu 4) B1, Times Square 99 Huaihai Xi Lu 5) 1F, West Side Citigroup Tower 33 Huayuanshiqiao Lu 6) Shop 08a, Basement Novel Place 131 Tiaoyaoqiao Lu 7) B1, Shanghai Film Art Centre 160 Xinhua Lu 8) Rm.107, Yanlord Town Centre, Yanlord Riverside City No.30, Lane 1399 Dingxiang Lu 9) 1F-2F, Binggu Square, 341 Tianshan Lu (400 811 1797) www.cityshop.com.cn 1) 南京西路 1376 号上海商城地下一层 2) 虹梅路 3211 号 3) 淮海中路 939 号巴黎春天百货地下一层 4) 淮海西路 99 号时代广场地下一层 5) 花园石桥路 33 号 ( 富城路 ) 花旗集团大厦西侧底层 6) 天钥桥路 131 号 ( 辛耕路 ) 永新坊地下 08a 室 7) 新华路 160 号上海影城地下一层 8) 丁香路 1399 弄 30 号仁恒河滨城邻里之家 107 室 9) 天山路 341 号缤谷文化休闲广场一至二层

**City Super Shanghai** Offers a one-stop shopping for both groceries and prepared foods from around the world. www.citysuper.com. LG2, Shanghai ifc Mall, 8 Century Avenue, Lujiazui (5012 0998) Daily: 10.00am-10.00pm 世纪大道 8 号国金中心商场地下 2 楼

**GL Japan Plaza** B1, No. 1 – 6, Lane 222 Madang Lu (5382 8802) 马当路 222 弄地下一层 1-6

**Les Garcons Bouchers** A proper French-style butcher shop offering quality imported cuts of meat. Unit 1, 356 Shuicheng Nan Lu, by Yan'an Xi Lu (6209 1803) Tue-Sun 8am-8pm. 长宁区水城南路 356 号 ( 近虹桥路 )1 室 , 近延安西路

## Kid's Items

**Baby International** Started by partents for parents, baby international places high emphasis on the quality and design of their products and are committed to giving you professional advice. No. 20, Lane 79 Yueyang Lu (6473 2749) www.baby-international.com 岳阳路 79 弄 20 号 .

**Bao Da Xiang Shopping for Kids** 1) 685 Nanjing Dong Lu (6322 5122) 2) B1, Building B, Wanda Plaza, 58 Guobin Lu (6565 6203) 3) Unit B10, Outlet,

2888 Huqingping Gong Lu (6975 5703) 4)1661 Sichuan Bei Lu (6393 2800) 5)B1, 96 Plaza, 796 Dongfang Lu (5831 2800) 6) 2/F, Bailian Shopping Mall, 1288 Zhenguang Lu (5279 6001) www.baodaxiang.com.cn 宝大祥青少年购物中心 1) 南京东路 685 号 2) 国宾路 58 号万达广场 B 座地下一层 3) 沪青平公路 288 号奥特莱斯 B10 座 4) 四川北路 1661 号 5) 东方路 796 号 96 广场地下一层 6) 真光路 1288 号百联购物中心 2 楼

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**Mignon Boutique** Rm.103, No.2, Lane 60, Ronghua Dong Avenue (6278 0273) www.mignon-boutique.com 米乐布提宠物生活馆 长宁区荣华东道 60 弄 2 号 103 室 ( 近家乐福 )

Pet in 2/F, Wuning Carrefour, 20 Wuning Lu (Tel: 135 0166 2265, 6231 3078; Fax: 3221 2137) sharon@chinapetin.com, www.chinapetin.com. 宠儿宠物 ( 中国 ) 有限公司 , 上海市普陀区武宁路 20 号武宁家乐福 2 楼 .

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# Bad Habits

By Ellen Himelfarb

Most people accept that becoming a parent requires leaving behind some of life's beloved luxuries: the freedom to come and go solo without enduring charges of child endangerment, for instance. Or unsavoury habits like smoking, swearing and drinking antisocial amounts of J germeister.

For the most part, I've found those ones easy to dispense with; age has a way of zapping the desire to live hard, in all sorts of ways. What's been more of a challenge to me is bidding adieu to those itches you scratch when you think nobody's watching. Literal itches, like the ones up your nose and behind the pockets of your jeans. And figurative ones, like letting rip a full-bodied burp, or worse.

Like I said, I've found it challenging, and so I haven't left them behind. My friends might think I'm the model of good manners, but that's because they've never seen my collection of toenail clippings.

My bad habits far outweigh my good ones, not that I can even remember any of the latter. Between the picking and scratching are bachelor-flavoured practices like eating inappropriate food with my hands in inappropriate places. Also: drinking out of the carton (though, in my defence, only when I know nobody else is interested in the matter at hand; that goes for dipping my spoon in the ice cream tub, too). And sometimes – read: often – the house is just too cold to remove clothing and wash. My husband – if he even notices, being out of the house 12 hours a day – must figure he's in too deep to escape now. It's my daughters, bless them, who bear the brunt of Mommy's improprieties.

My girls are five and three, and yet I still behave as if they're infants, blissfully ignorant of my transgressions. I suppose

that's because the transgressions in question can be so very fun. The younger one experiences so much joy when she hears me fart, it would seem miserly not to indulge her. So I do, more than perhaps I should. Ditto burping. The few times my husband has heard me let one rip, he's expressed such horror-slash-disgust I've vowed to suppress my gas until the day I finally lose control of my faculties. The kids, however, get the VIP performance.

Alas, their days – and mine – are numbered. As much as it pains me to censor myself, something tells me my children should be learning by example. If I keep this up much longer they're likely to turn into two farting, burping, hawking, privates-scratching monkeys who eat in bed, pee in the shower and sometimes "forget" to brush their teeth before bed. So I've started to ask myself: how many times will I have to hear, "Ew, Mommy, get that snot off your finger" before I finally stop nose-picking with zeal?

As it stands, if I were to succumb to a speeding bus tomorrow, my husband would remember me as the lady he fell in love with (OK, so he knows about my aversion to bathroom doors, but I remain largely untarnished in his eyes). I'm not sure I'd come off half as well if my kids were to give the eulogy.

But then, there never seems to be a good time for this committed boor to go straight. For now I suppose it's enough that I've recognized I have a problem; I've seen the error of my ways, and that's half the battle. If there's a 12-step program out there, I'd be open to it. An intervention? Perhaps. Just remember to keep the windows open.

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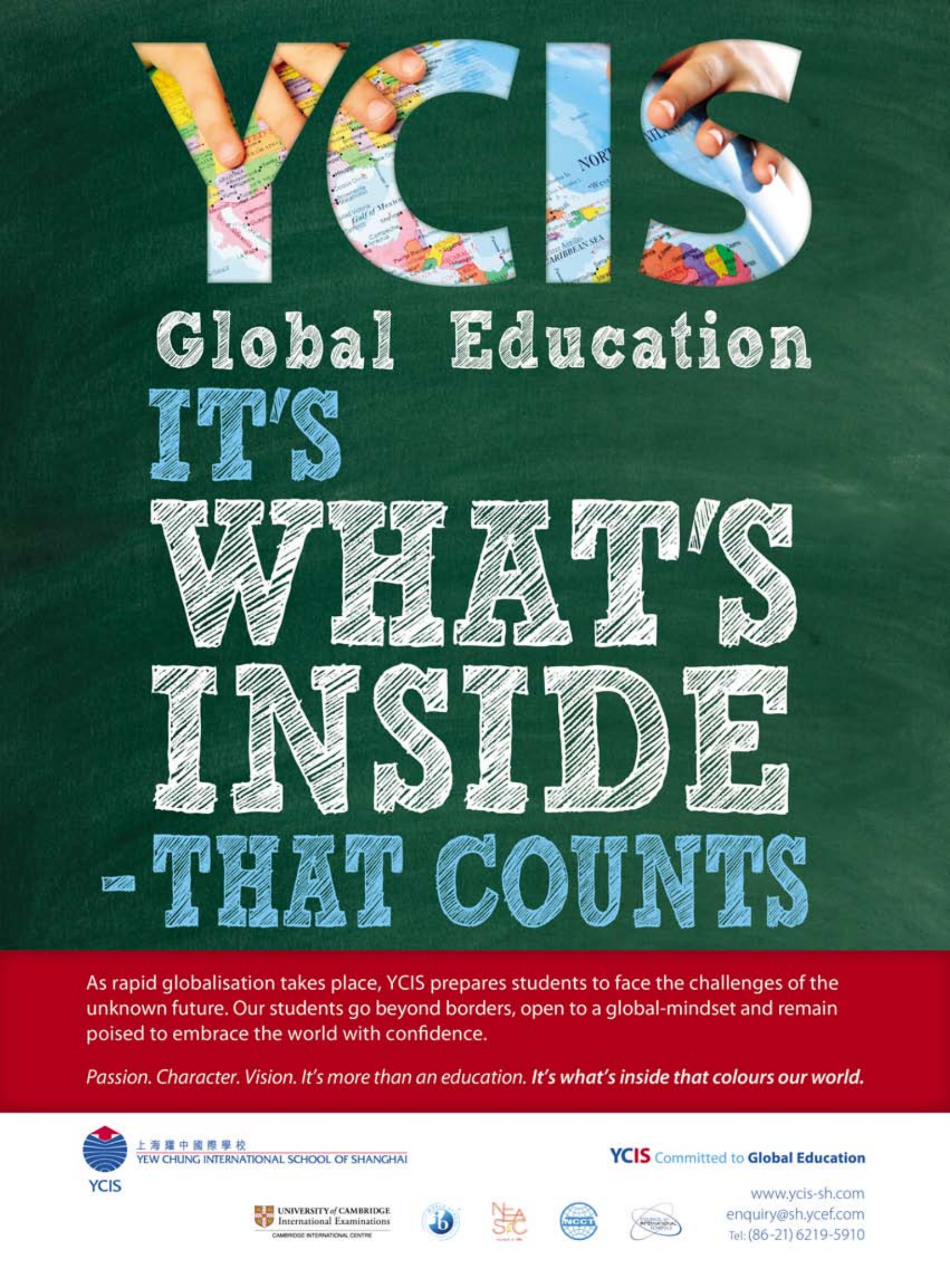


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